



Nutty Cookies

Prep Time: 15 minutes

Cooking Time: 15 Minutes

Serves: 12 Cookies

Difficulty: Easy

Ingredients

- 2/3 cups raw cashews
- 2/3 cups raw pecans
- 2/3 cups raw almonds
- 1/4 cup raw pumpkin seeds
- 1/4 cup sunflower seeds
- 1 tablespoon sesame seeds
- 1 tablespoon poppy seeds
- 1 tablespoon flaxseed
- 2 tablespoons honey
- White of ONE egg

Preparation

1. Preheat oven 350 degrees.
2. Spray cookie sheet with spray and line with parchment paper,
3. In a large bowl, mix together all the nuts, seeds, and flaxseed.
4. Add honey and egg white.
5. Mix thoroughly until egg and honey is evenly distributed.
6. Use the round top of a small mason jar lid as a mold.
7. Fill the mold with the nut mixture and pack down.
8. Lift up the mold to find nice rounded cookies.
9. Bake 12-14 minutes. Watch that they DO NOT BURN. Let cool and eat crispy, delicious nutty cookies.