

•• VEGAN OATMEAL COOKIES ••



Pecans impart the buttery flavor of a classic oatmeal cookie, but these traditional favorites are sweetened only with fruit.

Oven: 275° F

Prep Time: 15-20 minutes

Cook Time: 20-24 minutes

Ingredients

1 1/4 c. pecans	1/4 c. coconut flour	1/2 - 3/4 c. mix-ins, if using
1/2 c. walnuts	1/2 c. brown rice flour	1/4 c. white grape juice concentrate
2 c. oats, gluten free if needed	1 tsp. baking soda	1/4 c. apple juice concentrate
3/4 c. date paste	1 tsp. cinnamon	1/4 c. coconut oil
	2 scoops 100% pure stevia	2 tsp. vanilla

Mix-in Options

Unsweetened dried coconut / Apple juice sweetened dried cranberries

Dairy-free chocolate chips (if you don't mind adding in a little sugar) / Raw cacao nibs / Unsweetened dried cherries

Instructions

1. Heat oven to 275 degrees Fahrenheit.
2. Lightly toast pecans and walnuts then combine with oats and date paste in a food processor. Blend until the nuts, oats and dates resemble a coarse crumb, then pour into a large mixing bowl.
3. Add flours, baking soda, cinnamon and stevia to the bowl and stir until thoroughly combined.
4. In a small saucepan, warm the juice concentrates, oil and vanilla until the oil melts then add to the dry ingredients with any mix-ins you'd like to add. Stir to combine and the mixture holds together when pressed between your fingers.
5. To form cookies, roll into a ball in your hands, then gently press flat onto a baking sheet lined with parchment paper. The cookies don't spread, so you can place them close together.
6. Bake for 20-24 minutes or until the bottoms are lightly browned. Cool at least 10-15 minutes before removing from pan to help the cookies set. Store in an airtight container.

Recipe Notes

You can use all pecans if you'd like, but I toss in some walnuts because they are a little cheaper, but it's best to have mostly pecans because of the butter undertones they provide.

You can use all brown rice flour or any combination of your favorite flour, though the texture may vary. I like adding in the coconut flour because of the additional sweetness it provides.

I bought my stevia at Trader Joe's and it comes with its own scoop. Be sure the stevia you are using is 100% pure as many stevia products have additives and other sweeteners included in the ingredients.