



# Your Guide to Fitness

## Cosmic Cookies

- 1 ¼ cups (550 mL) quick cooking oats
- 2 cups (500 mL) spelt flour
- 1 cup (250 mL) sunflower seeds
- ¾ cup (175 mL) plus 2 tbsp (25mL) pumpkin seed
- ½ cup (125 mL) shredded coconut, unsweetened
- ¼ cup (50 mL) flax seeds
- 1 cup (250 mL) granulated cane sugar
- 1 tbsp. (15mL) ground cinnamon
- 2 ¼ tsp (11mL) sea salt
- 1 ¾ cups (425mL) dark chocolate chips
- 1 ¼ cups (300mL) raisins
- ¼ cup (50mL) water
- ¼ cup (50mL) blackstrap molasses
- ¾ cup (175mL) canola oil
- 1 cup (250 mL) soy milk

Preheat oven to 350°F (180°C).

Line your baking trays with parchment paper.

In a large bowl, combine dry ingredients, everything from oat to raisins.

In a separate bowl a separate bowl, combine the water, molasses, canola oil, and soy milk.

Mix them together and place onto baking pan with a spoon.

Bake 9-12 minutes.

Add in 1-4 scoops of IsoFLEX protein (available at R2) during dry ingredient mixing.

Choose from chocolate, chocolate mint supreme, and/or chocolate peanut butter!