



JERNEJ KITCHEN

HEALTHY TRAIL MIX COOKIES

Healthy Trail Mix Cookies is a simple recipe, made in 30 minutes. The perfect healthy snack on the go, for any day of the year.

MAKES	15	COOKIES
PREPARATION:	15	MINUTES
BAKE:	15	MINUTES
TOTAL TIME:	30	MINUTES

HEALTHY TRAIL MIX COOKIES

90 g (1 cup) old fashioned oats
160 g (1 cup) mixed nuts (trail mix)
120 g (2/3 cup) mixed dried fruits
45 g (1 cup) natural apple chips, like Kotányi
60 g (1/3 cup) chocolate chips
55 g (1/4 cup) melted unsalted butter
70 g (1/4 cup) honey
2 eggs
45 g (1/3 cup) all-purpose flour
1 tsp baking powder

TOOLS AND EQUIPEMENT

bowl
spatula
large baking sheet
parchment paper
ice cream scoop

COMBINE THE INGREDIENTS

In a bowl, stir to combine old fashioned oats, chopped nuts, and seeds, chopped dried fruits, dried apples, and chocolate chips. In a separate bowl, stir to combine melted butter, honey, and eggs. Add the flour and baking powder, and stir using a spatula, until all the ingredients are well combined and the mixture is smooth. Pour the egg mixture to the bowl with the nuts mixture and stir well to combine. Set aside for 10 - 15 minutes.

TIP

Feel free to make the cookie mixture up to a day ahead. Keep chilled in the fridge before baking.

BAKE AND SERVE

Line a large baking sheet with parchment paper. Using an ice cream scoop, scoop out 15 cookies. Press each cookie down tightly using your fingers. Leave a bit of space in between each cookie. Place the baking sheet with the cookies into the preheated oven on the middle rack. Bake for 15 minutes at 180 °C / 355 °F. Transfer the baked Healthy Trail Mix Cookies to a wire rack to cool completely, then serve.

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