

- Prep Time: 15 minutes
- Bake Time: 15 minutes
- Cooling Time: 20 minutes
- Total Time: 50 minutes
- Servings: 12 large energy cookies
- Recipe Intensity Level: Easy / Beginners (Simple mixing and hand-shaping)
- Equipment Needed: Large mixing bowl, rimmed baking sheet, parchment paper, measuring cups/spoons, rubber spatula.

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Intensity & Flavor Profile

- Flavor Profile: Warm, nutty, naturally sweet with hints of vanilla, cinnamon, and sea salt.
- Texture Intensity: Super chewy on the inside with a crunchy, lightly toasted seed exterior.
- Dietary Compatibility: Vegetarian, Gluten-Free, Dairy-Free, Grain-Free, Refined Sugar-Free.

Key Ingredients

- 1 cup Raw Rolled Oats (*certified gluten-free if necessary*) — adds body and complex carbohydrates.
- 1/2 cup Raw Almonds, chopped roughly — provides vitamin E and satisfying crunch.
- 1/2 cup Raw Walnuts, chopped roughly — rich in brain-boosting omega-3 fatty acids.
- 1/3 cup Pumpkin Seeds (Pepitas) — packs a high-zinc and magnesium boost.

- 1/3 cup Sunflower Seeds — adds nutty richness and healthy fats.
- 2 tbsp Chia Seeds — absorbs liquid and helps form a binding gel.
- 2 tbsp Flaxseed Meal (Ground Flax) — high in soluble fiber and healthy omega-3s.
- 1 tsp Ground Cinnamon — balances blood sugar and gives warm flavor notes.
- 1/2 tsp Sea Salt — elevates the natural sweetness and nut flavor.
- 2 medium Ripe Bananas, mashed thoroughly (*approx. 1 cup*) — acts as the moisture base and primary natural sweetener.
- 1/2 cup Natural Creamy Almond Butter or Peanut Butter (*100% nuts, unsweetened*) — binds the ingredients with healthy fat and protein.
- 1/4 cup Pure Maple Syrup or Raw Honey — adds subtle, unrefined sweetness.
- 1 tsp Pure Vanilla Extract — enhances the warm aromatic profile.
- 1/3 cup Unsweetened Dark Chocolate Chips or Dried Cranberries (*optional*) — for added antioxidants and bursts of flavor.

Step-by-Step Cooking Instructions

Step 1: Prep & Preheat

Preheat your oven to 350°F (175°C). Line a large rimmed baking sheet with parchment paper or a silicone baking mat.

Step 2: Combine the Dry Base

In a large mixing bowl, whisk together the rolled oats, chopped almonds, chopped walnuts, pumpkin seeds, sunflower seeds, chia seeds, ground flaxseed meal, ground cinnamon, and sea salt until evenly distributed.

Step 3: Mix the Wet Binders

In a separate medium bowl, combine the mashed bananas, creamy almond butter, pure maple syrup, and vanilla extract. Whisk vigorously until the mixture forms a smooth, cohesive liquid paste.

Step 4: Combine Wet & Dry

Pour the wet banana-almond butter mixture directly into the bowl with the dry seeds and nuts. Using a stiff rubber spatula, stir thoroughly until every dry seed and oat flake is coated. If adding dark chocolate chips or dried fruit, fold them in gently at this stage. Allow the dough mixture to sit undisturbed for 5 minutes; this lets the chia and flax seeds absorb excess moisture to lock in the shape.

Step 5: Scoop & Shape

The dough will be stickier and looser than standard cookie dough because it lacks flour. Scoop out roughly 1/4 cup portions of dough onto the prepared baking sheet. Using damp fingers or the back of a spoon, press and shape each portion into a compact round disc about 1/2-inch thick.



Note: These cookies do not spread or rise during baking, so shape them exactly how you want them to look once cooked.

Step 6: Bake to Perfection

Place the baking sheet into the center rack of your preheated oven. Bake at 350°F (175°C) for 15 to 17 minutes, or until the edges are golden brown and the undersides feel firm to the touch.

Step 7: Cool completely

Remove the cookies from the oven and let them rest directly on the warm baking sheet for 10 minutes. Transfer them gently to a wire cooling rack to cool completely for another 10 to 15 minutes. Cooling is essential to set the binder so the cookies hold their structure when picked up.

Storage & Meal-Prep Guidelines

- Room Temperature: Store in an airtight glass container lined with a paper towel for up to 4 days.
- Refrigerated: Keep in an airtight container for up to 10 days for an extra chewy texture.
- Freezer-Friendly: Wrap individual cookies in parchment paper and store in a freezer-safe bag for up to 3 months. Thaw at room temperature for 15 minutes before enjoying.

Nutritional Information

(Calculated per serving based on 12 cookies using almond butter, maple syrup, and dark chocolate chips)

Nutrient	Amount Per Serving
Calories	235 kcal
Total Fat	15 g
— Saturated Fat	2.5 g
— Polyunsaturated Fat	5.5 g
— Monounsaturated Fat	6.0 g
Sodium	105 mg
Total Carbohydrates	20 g
— Dietary Fiber	5 g
— Total Sugars	7 g <i>(naturally occurring)</i>
Protein	7 g
Calcium	65 mg
Iron	1.8 mg
Magnesium	82 mg
Potassium	260 mg