Prep Time: 15 minutes
Cook Time: 18-20 minutes
Total Time: 35 minutes
Servings: 12 large cookies
Calories: ~210 kcal per cookie

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Description

These Nut and Seed Granola Cookies are the perfect hybrid between a chewy oatmeal cookie and a crunchy granola bar. Packed with rolled oats, almonds, pepitas, and sunflower seeds, they offer a satisfying texture and a deep, toasted flavor. Sweetened naturally with maple syrup and bound together with almond butter, these cookies are gluten-free (if using certified

oats), dairy-free, and refined-sugar-free. They are ideal for a quick breakfast on the go, a hiking snack, or a wholesome dessert.

Ingredients

The Dry Base

- 1 ½ cups rolled oats (certified gluten-free if necessary)
- ½ cup almond flour (or oat flour for a nut-free version)
- ½ teaspoon baking soda
- ¼ teaspoon sea salt
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg (optional)

The Nuts & Seeds

- ½ cup raw almonds, roughly chopped
- ¼ cup raw pepitas (pumpkin seeds)

- ¼ cup sunflower seeds
- 2 tablespoons flaxseed meal
- 2 tablespoons chia seeds
- ¼ cup unsweetened shredded coconut

The Wet Mix

- ½ cup creamy almond butter (or peanut butter)
- ⅓ cup pure maple syrup
- ¼ cup melted coconut oil
- 1 large egg (or flax egg: 1 tbsp flaxseed + 3 tbsp water)
- 1 teaspoon vanilla extract

Optional Add-ins

- ⅓ cup dark chocolate chips or raisins

Equipment

- Large mixing bowl
- Medium mixing bowl
- Whisk
- Spatula
- Baking sheet
- Parchment paper
- Cookie scoop (¼ cup size)

Instructions

Phase 1: Preparation (Time: 5 minutes | Intensity: Low)

1. Preheat the Oven: Preheat your oven to 350°F (175°C). Line a large baking sheet with parchment paper.
2. Combine Dry Ingredients: In a large bowl, whisk together the rolled oats, almond flour, baking soda, salt, cinnamon, and nutmeg until evenly distributed.

3. Add Nuts and Seeds: Stir in the chopped almonds, pepitas, sunflower seeds, flaxseed meal, chia seeds, and shredded coconut. Mix well to ensure the seeds are dispersed evenly throughout the oat mixture.

Phase 2: Creating the Wet Mix (Time: 5 minutes | Intensity: Low)

1. Whisk Wet Ingredients: In a medium bowl, combine the almond butter, maple syrup, melted coconut oil, egg (or flax egg), and vanilla extract.

2. Emulsify: Whisk vigorously for 30–45 seconds until the mixture is smooth, glossy, and completely uniform. *Tip: Ensure the almond butter is well-stirred before measuring, as natural nut butters separate.*

Phase 3: Combining and Resting (Time: 5 minutes | Intensity: Medium)

1. Fold Together: Pour the wet mixture into the dry ingredients. Use a spatula to fold the ingredients together.

2. Mix Thoroughly: Stir until no dry flour pockets remain. The dough will be thick and sticky.

3. Rest the Dough: Let the dough rest for 5 minutes. This allows the oats and chia seeds to absorb moisture, which helps the cookies hold their shape and prevents spreading.

4. Add Chocolate (Optional): Fold in the dark chocolate chips or raisins if using.

Phase 4: Shaping (Time: 3 minutes | Intensity: Low)

1. Scoop: Using a ¼-cup cookie scoop or a measuring cup, portion the dough onto the prepared baking sheet.

2. Shape: Space the cookies about 2 inches apart. Gently press each mound down with the back of a spoon or your palm to flatten them slightly. They should be about ¾-inch thick. *Note: These cookies do not spread much, so the shape you press them into is the shape they will bake into.*

Phase 5: Baking (Time: 18-20 minutes | Intensity: Medium)

1. Bake: Place the baking sheet in the preheated oven. Bake for 18–20 minutes, or until the edges are golden brown and the centers are set.

2. Rotate: At the 12-minute mark, rotate the pan 180 degrees to ensure even baking.

3. Check for Doneness: The cookies should be firm to the touch on the edges but still slightly soft in the center. They will firm up significantly as they cool.

Phase 6: Cooling and Storage (Time: 10 minutes | Intensity:

Low)

1. Cool on Pan: Remove from the oven and let the cookies cool on the baking sheet for 5–10 minutes. This is crucial; if you move them too soon, they may crumble.

2. Transfer: Transfer the cookies to a wire rack to cool completely.

3. Store: Store in an airtight container at room temperature for up to 5 days, or freeze for up to 3 months.

Recipe Intensity Guide

Phase	Time	Intensity Level	Description
Prep	5 min	Low	Measuring and whisking dry ingredients.
Wet Mix	5 min	Low	Whisking wet ingredients until smooth.
Mixing	5 min	Medium	Folding thick dough; requires some elbow grease.
Shaping	3 min	Low	Scooping and flattening dough.
Baking	18-20 min	Medium	Monitoring oven and rotating pan.
Cooling	10 min	Low	Waiting for cookies to set.

Nutrition Facts (Per Cookie)

Based on 12 servings. Nutritional information is an estimate and will vary based on specific ingredients used.

- Calories: 210 kcal

- Total Fat: 14g
- Saturated Fat: 4g
- Trans Fat: 0g
- Cholesterol: 15mg
- Sodium: 85mg
- Total Carbohydrate: 17g
- Dietary Fiber: 4g
- Total Sugars: 7g
- Protein: 6g
- Vitamin D: 0mcg
- Calcium: 60mg
- Iron: 1.5mg
- Potassium: 180mg