

## SEED & FRUIT MIX BREAKFAST COOKIES

### INGREDIENTS:

- 1 T. ground chia seed or ground flaxseed
- 3 T. warm water
- ½ C. sunflower seed butter
- 2 T. honey or agave syrup
- 1 T. tapioca starch
- 1 T. quinoa flakes
- ½ t. baking powder
- ½ C. Enjoy Life Foods Beach Bash Seed and Fruit Mix, split in half

### DIRECTIONS:

1. Preheat oven to 350°. Line a baking sheet with parchment paper.
2. Add the ground chia or flaxseed to large bowl. Pour warm water over the top, mix together and let sit 1-2 minutes until it gels.
3. Add the sunflower seed butter, and honey or agave, and mix to combine.
4. Add the tapioca starch, quinoa flakes, baking powder and half of the Enjoy Life Beach Bash Seed and Fruit Mix to the bowl, and mix until thoroughly combined.
5. Scoop into 4 equal pieces and roll into a ball. Place on parchment lined baking sheet and flatten slightly with the palm of your hand.
6. Evenly sprinkle the remaining ¼ C. Enjoy Life Foods Beach Bash Seed and Fruit Mix over the cookies and gently press into the dough.
7. Place in the oven and bake for 14-16 minutes until lightly browned. Cool on the cookie sheet and then store in the refrigerator tightly wrapped.