Healthy Peanut Raisin Cookies

For those days when you are trying to be good but are still craving something sweet

Author: Elisa | Inthekitchenwithelisa

INGREDIENTS

(makes about 40 small cookies)

- 80g peanuts
- 60g raisins
- 40g sunflower seeds
- 20g sesame seeds
- 60g oats
- 1 egg
- 4tsp coconut oil
- 3-4tbsp agave syrup

DIRECTIONS

1. First you want to crush the peanuts. You can do this in a blender just blending shortly so you don´t end up with peanut flour or you can do it using pestle and mortar.

2. Add crushed peanuts, raisins, sunflower seeds, sesame seeds and oats to a medium bowl and give a short mix.

3. Then add coconut oil and agave syrup.

4. Whisk the egg in a separate bowl and also add to the dry ingredients.

5. Mix well until all dry ingredients have been incorporated with the wet ingredients and you don´t have any dry spots or lumps of coconut oil left in your batter.

6. Leave the cookie batter aside for 10-15 minutes, then mix again shortly.

7. Cover a baking tray with parchment paper and portion the cookie batter with a teaspoon into the parchment paper. Then form the cookies with your fingers pressing the batter onto the parchment paper. If the batter sticks to your fingers a lot you can dip your fingers into water to help form the cookies. (See video)

8. Bake the cookies in 180°C bottom top heat in the middle shelf of the oven for about 10 minutes or just until they start to get golden from the top.

9. Remove from the oven and allow to cool completely before removing from the baking tray. The cookies harden while they cool and removing them hot/warm from the tray may result in them falling apart.

10. Store the cookies in an airtight container.