



## OATMEAL PEANUT BUTTER SNACK COOKIES

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*I love that I can give these cookies to my son without feeling guilty about the ingredients, and he loves them because they're delicious. Loaded with oats and peanut butter, these cookies give a good boost of fiber and protein. I like to bake off a dozen and then freeze the rest of the dough in logs so I can bake more off whenever I want. Just add 5 minutes to the baking time if baking from frozen.*

### INGREDIENTS:

2 tsp. chia meal (aka ground chia seeds)	1 tsp. vanilla extract
2 tbsp. water (plus ½ cup for use later)	3 cups rolled oats (not instant)
¼ cup margarine, softened	1 ¼ tsp. baking soda
1 cup creamy peanut butter	1 cup semisweet chocolate chips
½ cup brown sugar	

### DIRECTIONS:

1. Preheat your oven to 350°, and line a baking sheet with parchment paper.
2. In a small bowl combine the chia meal and the water, and let it sit for 5 minutes. This becomes your chia egg.
3. In a large bowl or stand mixer, beat the margarine and peanut butter until fluffy. Add the chia egg, brown sugar and vanilla and beat until combined.
4. Add the remaining other ½ cup of water, oats and baking soda, stirring by hand with a spoon or mixing on a lower speed in a stand mixer so the oats do not get too broken up.
5. Stir in the chocolate chips, and use two spoons to portion and drop tablespoon sized dough balls onto the parchment lined baking sheet, about 2 inches apart.
6. Bake the cookies for 10 minutes, then allow to cool on the baking sheet for five minutes. Remove the cookies to a cooling rack and cool completely (of course, you should munch on a couple while they are still warm... just to make sure they are good). These cookies tend to be more fragile than cookies with lots of flour, but their taste makes up for any potential fragility.
7. The dough can also be rolled into a log inside plastic wrap and frozen for slice and bake cookies. When you want the cookies, simply pull out a log, unwrap the portion you want, slice off cookies and place them on a parchment paper lined baking sheet. Bake at 350° and check after 10 minutes. They may need a couple of minutes more since they are baking from frozen. Enjoy!

***Note:** Chia seeds lose their awesome oils quickly once ground, so try not to buy them pre-ground as chia meal. Make your own chia meal by blitzing up chia seeds in a coffee grinder or food processor. You can also do the same with flax seeds, or make oat flour by blitzing up whole oats (not instant, please). Store any extra chia meal in the freezer to keep it fresh.*