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PACE Long Haul Cookies

A great addition to any hike, trail run, snowshoe, or picnic!

¾ cup	butter or coconut oil	½ tsp	sea salt
110 ml	apple sauce (one individual portion size)	1 tsp	cinnamon
1 tsp	vanilla	1 cup	coconut
3	free range eggs	1 cup	oatmeal
1 cup	combination of sucanat, maple syrup, honey or agave syrup	1 cup	puffed rice or millet
2 cups	whole spelt flour	¾ cup	raisins
1 ½ tsp	baking powder	½ cup	chocolate chips
1 ½ tsp	baking soda	1/3 cup	sunflower seeds
		1/3 cup	sesame seeds
			ground flax
			wheat germ

In a large bowl, beat together oil, applesauce, sweetener, vanilla, and eggs. Mix in flour, baking soda, baking powder, salt, and cinnamon until well blended. Stir in remaining ingredients.

Use a scoop to make balls and place on a greased cookie sheet. Flatten with a fork. Bake at 350oF for 8-10 minutes.

Feel free to experiment with the add-in ingredients. Switch cranberries for raisins, walnuts for sunflower seeds, etc. Makes ~48 cookies, depending on size.

Adapted from Lunchbox Love by Sally J King.

Nutritional Value of Select Ingredients

Spelt – This sweet, nutty grain is a grain tolerated by people with gluten-sensitivities (however it does contain gluten). It contains all 8 essential amino acids, and special carbohydrates that play a major role in blood clotting and stimulating the immune system. Spelt is higher in amino acids, protein, some minerals, and B vitamins than wheat.

Sunflower Seeds – These seeds are great for those with high blood pressure, as they are very high in potassium and very low in sodium. They are high in protein, fibre, B vitamins, and vitamin E.

Oats – This grain is a great source of complex carbs, and is high in protein and fibre. They can help normalize blood sugar levels, and are good for a sluggish thyroid. Oats are high in tryptophan, iron, and phytochemicals.

Raisins - These powerhouses of energy contain iron, potassium, calcium, magnesium, phosphorus, and B vitamins, plus fructose that give us that little boost of energy via natural fruit sugars.

Flax seeds – Flax seeds are a great laxative, and are high in essential fatty acids (EFA's) (when ground or chewed). They are full of anti-cancer lignans and phytoestrogens. The oil found in flax seeds can aid in reducing cholesterol and slow the progression or rheumatoid arthritis and atherosclerosis.