

# Power Cookie

MAKES 18 COOKIES

## Ingredients

- 2 1/2 cups oats
- 3/4 cup oat flour
- 1 cup shredded zucchini
- 1 tsp baking powder
- 1/3 tsp baking soda
- 1 1/2 tsp cinnamon
- 1/8 tsp salt
- 1/2 tsp nutmeg
- 1/4 cup chopped walnuts
- 1/4 cup currants
- 1/4 cup pumpkin seeds
- 1/2 tsp ginger
- 1/3 cup oat milk
- 2 ripe bananas
- 1/2 cup dates
- 1 tbsp flax
- 1/8 cup cacao nibs
- 1 tbsp vanilla

## Directions

Preheat oven to 350 degrees Fahrenheit on convection bake. Prepare a baking sheet lined with parchment paper.

Combine in a larger mixing bowl: oats, oat flour, baking powder, baking soda, cinnamon, salt, chopped walnuts, cacao nibs, currants, pumpkin seeds, flax, and ground ginger. Mix them up!

In a blender, combine the ripe bananas, dates, oat milk, and vanilla.

Shred or grate zucchini into a fine texture.

Combine everything - zucchini and dry/wet mixtures into a bowl and mix together using your (clean) hands.

Use a 1/4 cup measuring cup to portion each cookie, roll into balls and flatten to make patties about 1/2 inch thick. Bake for 15-17 minutes until the entire top and outside feel crisp. Do not over bake, they will get dry.

These freeze well, so bulk prep this recipe! To freeze - let the cookies cool entirely, bag in one layer in freezer-safe plastic bags, and place into the freezer.

*My name is Michelle Joy Kramer, and I am a board-certified Holistic Health Practitioner and Integrative Nutrition Health Coach. I assist individuals and corporate teams in achieving their optimal health through healthy lifestyle choices regarding nutrition, exercise, spirituality, relationships, and careers. Learn more about my programs and how we can work together by contacting me at [michelle@michellejoykramer.com](mailto:michelle@michellejoykramer.com) or by visiting [michellejoykramer.com](http://michellejoykramer.com)*



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