

# Trail Mix COOKIES



Ease of Preparation: *Easy*

Preparation Time: *20 min*

Chill Time: *at least 6 hrs*

Cook Time: *20 min*

Servings: *about 4 doz*

*MOLBECK'S*  
Health & Spice Shop

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## INGREDIENTS

The total "trail mix" add-ins may range between 3 to 3 1/4 cups. You can vary what you add to the mix, of course, but don't go over the total 3 1/4 cups

1 cup unsalted butter, at room temperature	1 teaspoon salt
1 1/2 cups firmly packed brown sugar	3/4 cup chocolate chips
1 cup granulated (sugar)	3/4 cup jelly beans
2 large eggs	3/4 cup dried papaya cubes
2 teaspoons vanilla extract	1/3 cup dried cranberries
2 1/2 cups white whole wheat flour	1/3 cup dried blueberries
1 cup all-purpose flour	1/3 cup pumpkin seeds
1 teaspoon baking soda	

## DIRECTIONS

Cream together butter and sugars until light and fluffy. Beat in the eggs, one at a time, mixing well after each addition. Stir in the vanilla.

Combine the flours, baking soda, and salt and stir into the butter-egg mixture. Mix until smooth, scraping down the dough from the sides of the bowl. If the dough still feels sticky, stir in extra white whole wheat flour, a few tablespoons at a time. Combine the trail mix ingredients in a separate bowl and stir them into the dough, making sure to distribute them evenly. Cover the dough with plastic wrap and refrigerate for at least 6 hours or overnight.

Preheat the oven to 350°. Scoop out the dough with a heaping tablespoon for each cookie and place the dough on a nonstick cookie sheet. Repeat until the sheet is full, spacing the cookies about 1 inch apart; this should average about 12 cookies per sheet.

Bake the cookies for about 10 minutes or until the edges begin to turn brown. Let the cookies cool on the sheet before removing them and baking the next batch. Repeat until all the cookie dough is used up.

## NUTRITION FACTS

As prepared, each serving contains 150 calories, 5g total fat, 55mg sodium, 27g total carbohydrate and 5g protein.