

TRAIL MIX OATMEAL COOKIES

125 ml	margarine
60 ml	peanut butter (if not using PB then add 30 mL more marg)
250 ml	sugar (white, brown, or any combo of the two)
1	large egg
5 ml	vanilla extract (or ½ and ½ with another flavor)
250 ml	rolled oats (whole, quick or ground)
250 ml	flour (you can also use ½ whole wheat flour)
3 ml	baking soda
1 ml	salt
2 ml	cinnamon
60 ml	chopped nuts (any kind)
80 ml	chocolate chips
25 ml	sunflower seeds
25 mL	pumpkin seeds
15 ml	sesame seeds or flax seeds
60 ml	cran raisins, chopped (or any dried fruit)
60 ml	coconut (any type) or graham crumbs

1. Preheat oven to 375 F.
2. In a large bowl **use an electric mixer** to beat the margarine till very very soft. Add the brown sugar and white sugar and beat again. Beat in the egg, peanut butter and the vanilla extract.
3. In a medium bowl stir together the flour, baking soda, salt and cinnamon. Using a **wooden spoon** stir the flour mixture into the wet mixture till well blended. Then stir in oats.
4. On a cutting board finely chop up the nuts and dried fruit using your chef knife. Then add the nuts, seeds, dried fruit, coconut and chocolate chips into the cookie mixture and stir well.
5. On an ungreased large cookie sheet divide the dough into 20 equal balls and place them on the cookie sheet about 1 inch apart. Flatten them down slightly.
6. Bake for 17-20 mins or until the cookies are a tan brown on top. Let them cool on the baking sheet for at least 3 mins before removing them to your cooling rack. Once they are completely cooled bring up your best one to be marked.