

Marathon Cookies

These high carbohydrate cookies are terrific when you need a boost of energy. Due to the natural peanut butter, grains, seeds, nuts, and soya protein, they make a great recovery snack after a hard workout or when you miss a meal.

½ cup canola oil
1 cup All-Natural Crunchy or Smooth Peanut Butter (Kraft has a really good one)
1 cup of honey or maple syrup
2 eggs
½ tsp vanilla
¾ cup whole wheat flour
¾ cup all-purpose flour
1 tsp salt
1 tsp baking soda
3 cups rolled oats
¼ cup millet
¼ cup flax seed
¼ cup toasted sesame seeds
¼ cup sunflower seeds
½ cup TVP (textured vegetable (soya) protein)
½ cup wheat germ
¾ cup chocolate chips
**½ cup of dried cranberries/cherries
**½ cup plain dry unsalted peanuts

****Variation**

½ cup raisins with ½ cup dry unsalted peanuts
½ cup dried cherries with ½ cup chopped almonds (with skins on)
½ cup dried apricots with ½ cup chopped pecans
½ cup shredded coconut with ½ cup chopped walnuts or pecans

Cream together canola oil, peanut butter, and honey/maple syrup. Add eggs, vanilla, whole-wheat flour, all-purpose flour, salt, and baking soda. Mix well and add rolled oats, millet, flax seed, sesame seeds, sunflower seeds, TVP, wheat germ, chocolate chips, dried cranberries, and peanuts.

Drop rounded tablespoons onto a baking sheet lined with parchment paper. Bake 350 - 375 F for 12-15 minutes depending on how chewy/crispy you like them. It could be my oven, but I found 350F for 12 minutes was enough as they were starting to get too brown on the bottom. Yields approximately 4-5 dozen cookies.

NB: You can purchase millet in the organic section of most grocery stores or at health food stores. The bulk barns carry TVP.