

Flaxseed Cookies – Bowel Buddies

2.5 cups ground golden flaxseeds

2 tsp baking powder

2 tsp cinnamon

½ cup sweetner (maple syrup, sucanat...) or ¼ cup stevia or omnibalance (if sweetner is liquid - add to wet, if using stevia or sucanat then add to dry ingredients).

2-3 eggs

1 tsp vanilla

½ - 1 cup water or applesauce – depending on if you prefer a drier cookie

1 cup frozen blueberries/strawberries/banana.....

Add raisins, currents, or cranberries.....

Option: Grind up almonds (1/2 cup ground)

Mix wet in blender. Mix dry. Mix together wet and dry. Place in tablespoon–size lumps on a greased cookie sheet.

Bake for 25-30 minutes at 350°F (until bottom of cookies are golden brown).

Refrigerate or freeze immediately after cooling.