



# Pineapple Oatmeal Spice Cookies

These tropical, tasty cookies aren't your usual pineapple treats. They're chewy and puffy with a generous helping of oatmeal. Then, the cinnamon and nutmeg add some complexity to the flavor. For a more tropical flavor, you can add shredded coconut, or coconut flakes. You can use fresh, frozen or canned pineapple to enjoy these any time of the year.

## Ingredients

1 cup flour  
1 and 1/2 cup quick-cook oats  
3/4 cup brown sugar  
1 tsp baking powder  
1 tsp ground cinnamon  
1/4 tsp ground nutmeg  
1/3 cup shredded coconut  
1/2 tsp salt

## Wet Ingredients

1 egg  
1 cup pineapple (crushed/pieces, drained)  
4 tbsp MySeeds Chia Gel  
4 tbsp butter  
1/2 tsp vanilla

In a large bowl, cream together the brown sugar and the butter. Once pale and grainy, beat in the egg and the vanilla. Next, add the chia gel, shredded coconut and pineapple tidbits and stir until well combined.

In another bowl, mix the flour, baking powder, salt, cinnamon, and nutmeg. Stir well, then add the oats. Once everything is evenly mixed, add the dry ingredients to the wet and stir with a wooden spoon until no dry areas remain.

Use cooking spray on your baking sheets, and drop the cookies by level tablespoon-full onto the sheets. Bake at 350 degrees for about 20 minutes.

When done, the bottoms and edges should be golden brown.

The pineapple is about the same color as the cookies once it's baked. You can't see it in the photo, but you sure can taste it.

Why is Pineapple good for you?

You already know it's high in vitamin C. But did you know it also has calcium, manganese, fiber and potassium? With pineapple, oats & chia seeds, these cookies can be considered high in fiber. Manganese is a trace mineral. It is important for bone strength and health, and is especially effective if consumed with calcium. If you're using canned pineapple, try to get it 'canned in own juice' for extra vitamin c.

These cookies are a super example of chia gel cutting the fat and making a moist, soft, flavorful and fruity cookie!

\*Remember: there are no preservatives here so fridge these after a few days.