

# WHAT'S COOKING? *Nutritional Series*

RECIPES & INFORMATION FOR LIVING A HEART-HEALTHY LIFESTYLE



## *Dr. Sinatra's* **CHOCOLATE OATMEAL COOKIES**

These healthy cookies are not just for dessert! One or two of them makes a tasty [light breakfast](#) or mid-day snack! A favorite of my son, Drew, who is a naturopathic doctor, these flax-filled cookies are rich in anti-inflammatory [omega-3s](#) and fiber. Not only does almond butter add protein, healthy monounsaturated fat and fiber to them, but it is full of Vitamin E, [magnesium](#) and potassium.

Another great source of fiber, oatmeal can help you lower your blood pressure (when eaten regularly). The heart-healthy pumpkin seeds contain folate, and are one of the best food sources of magnesium, a mineral which our bodies utilize in over 300 enzymatic reactions. Knowing that the dark chocolate is more than just a flavor enhancer is the icing on the proverbial cake!

*\*Choose organic items whenever possible\**

- 1 cup [flax seeds](#)
- 1 cup almond butter
- ¼ cup + 1 teaspoon raw honey
- 2 [eggs](#)
- 2 Tablespoons [coconut oil](#)
- 1 cup rolled oats
- ¼ cup pumpkin seeds
- 3 ounces [dark \(70% plus\) chocolate](#) cut into very small pieces (give or take ½ cup)
- ½ teaspoon baking soda
- ¼ teaspoon sea salt

Preheat oven to 350° F. Mix together all ingredients in a large bowl. Drop tablespoon-sized portions onto an ungreased baking sheet, leaving at least one inch between each cookie. Bake for 13 to 15 minutes. Makes about 16 to 18 cookies.

For more great recipes visit [Dr. Sinatra's Recipes for Health page!](#)

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