

Take a Hike! Cookies

Recipe group	Additional name	Diet factors	Portions	Portion size
Baked Goods	Baking & Pastry	VG, GF, NF	12	1.37 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	1 cup	0 lb 3.00 oz	0%	0 lb 3.00 oz	Oats, Rolled, dry	For Cookie Dough: In the bowl of a stand mixer, combine all ingredients in step 1 and mix thoroughly with a paddle attachment.
	1/2 cup	0 lb 2.55 oz	0%	0 lb 2.55 oz	Raisins	
	~ 1/3 cup	0 lb 1.80 oz	0%	0 lb 1.80 oz	Vegan Chocolate Chips, 1M count	
	1/4 cup	0 lb 1.16 oz	0%	0 lb 1.16 oz	Pumpkin Seeds, raw, shelled	
	1/4 cup	0 lb 1.25 oz	0%	0 lb 1.25 oz	Sunflower Seeds, raw	
	3/4 tsp	0 lb 0.07 oz	0%	0 lb 0.07 oz	Salt, Kosher	
	1/2 tsp	0 lb 0.09 oz	0%	0 lb 0.09 oz	Baking Soda	



Wet and dry ingredients

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	1/2 cup	0 lb 4.52 oz	0%	0 lb 4.52 oz	Sunflower Butter, unsalted	In a bowl, combine all ingredients in step 2. Then add to dry ingredients and mix with paddle until fully combined.
	3 tbsp	0 lb 1.50 oz	0%	0 lb 1.50 oz	Water, room temperature	
	2 tsp	0 lb 0.35 oz	59%	0 lb 0.84 oz	Lemons, juice	
	1 tsp	0 lb 0.15 oz	0%	0 lb 0.15 oz	Extract, Vanilla	



Combined ingredients

3	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
					Preheat oven to 350°F. Scoop dough with #24 red scoop onto parchment lined sheet pan and flatten slightly. Bake for 15 minutes until golden brown, rotating halfway through baking time.

3



Scooped cookies



Baked Cookies

RECIPE IMAGES



Take a hike! cookie

ALLERGENS

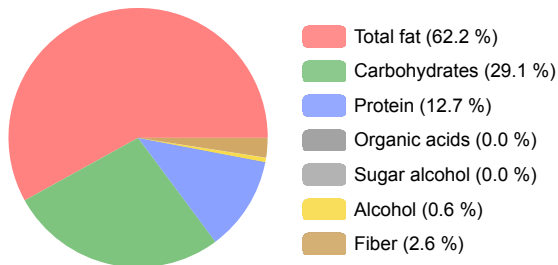
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NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals			Vitamins		
		RDI	% of energy								RDI
Total fat	10.58 g	14 %	62.18 %	150.41 kcal	7 %	Salt	0.31 g				
Saturated	1.74 g	9 %	10.25 %	629.32 kJ		Salt	0.81 %			Vitamin A	0.20 µg 0 %
Monounsaturated	5.72 g		33.61 %			Sodium	124.92 mg 5 %			Vitamin D	0.00 µg 0 %
Polyunsaturated	2.53 g		14.89 %			Phosphorus	170.31 mg 14 %			Thiamine	0.11 mg 9 %
Trans fatty acids	0.01 g		0.06 %			Potassium	158.27 mg 3 %			Riboflavin	0.04 mg 3 %
Cholesterol	0.34 mg	0 %				Iron	1.51 mg 8 %			Niacin	1.20 mg 8 %
Linolenic acid	2.50 g		14.71 %			Calcium	16.73 mg 1 %			Vitamin B6	0.11 mg 6 %
Alpha-linolenic acid	12.32 mg		0.07 %			Zinc	1.25 mg 11 %			Vitamin B12	0.01 µg 0 %
Total Carbohydrate	10.77 g	4 %	29.10 %			Magnesium	77.88 mg 19 %			Folate	0.00 µg 0 %
Sugars total	3.34 g	7 %				Iodine	0.00 µg 0 %			Vitamin C	0.70 mg 1 %
Added sugar	0.00 g	0 %	0.00 %			Selenium	13.09 µg 24 %			Vitamin E	3.56 mg 24 %
Lactose	0.07 g					Copper	0.35 mg 39 %			Vitamin K	0.54 µg 0 %
Fiber	2.08 g	7 %	2.64 %							Others	
Organic acids	0.00 g		0.00 %							Water	5.46 g
Sugar alcohol	0.00 g		0.00 %								
Starch	0.13 g		0.35 %								
Protein	4.69 g	9 %	12.68 %								
Alcohol	0.12 g		0.57 %								

PERCENTAGE OF ENERGY



CO2



Comparable CO2 emissions for equal sized portions.

The carbon footprint calculator is based on emission factors per kilogram calculated for individual ingredients. The calculator does not take into account emissions from food preparation.