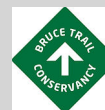


Marg's Bruce Trail Cookies

20 minutes

With thanks to the
Peninsula Bruce Trail
CLub



Ingredients

Dry (1 cup white flour, 1/2 cup whole wheat flour, 1/3 cup ground flax, 1 tsp cinnamon, 1/2 tsp baking soda, 1/4 tsp salt)
Sugar (3/4 cup brown, 1/4 cup organic cane sugar)
2 eggs
1 cup unsalted butter
2 cups rolled oats
Fixings (1 cup chocolate chips, 1 cup cranberries, 3/4 cup unsweetend coconut, 1/2 cup pumpkin seeds)



Instructions

1. Preheat oven to 350 degrees. Beat together butter and sugars until creamy. Add eggs and 2 tsp vanilla extract (optional, not included).
2. Stir dry ingredients then add to the butter/sugar mix. Fold in fixings until evenly combined.
3. Shape dough into 1 1/2 " balls onto a lined baking tray and press to flatten slightly.
4. Bake for a rough 12 minutes. Allow to cool for 10 then transfer to wire rack until completely cool.
5. Take several for a hike on the Bruce Trail and enjoy!

Tamara's High Dump Bear Bars

20 minutes

With thanks to the
Peninsula Bruce Trail
CLub



Ingredients (serves four)

Dry ingredients (3 1/2 cups oats, 1/2 cup sunflower seeds,
1/2 cup shredded coconut, 1/2 cup chocolate chips, 1/4 cup flax meal)
2/3 cup unsalted butter
1/4 cup coconut sugar
2 eggs
1/4 cup coconut milk
1/4 cup maple syrup
1 tsp vanilla extract
1 large rip banana



Instructions

1. Preheat oven to 350 degrees. Lightly grease a 9 x 12 baking dish.
2. In a large bowl combine melted butter (or coconut oil), coconut sugar, maple syrup, coconut milk, and mashed banana.
3. Add dry ingredients and mix well.
4. Spread into the glass baking dish and bake for 12-15 minutes. Allow to cool before cutting into bars. Store in an airtight container or better yet, stick them in your back pack and enjoy on the beautiful Bruce Trail!