

Dirt Chimp Power Bomb Cookies

These are our own spin on Power Bomb Cookies that were first introduced to us by Rich Roll, an accomplished ultra-endurance athlete.

Power Bomb Cookies (AKA Wuff Cookies) are delicious, easy to make, and freeze well so you can grab one or two prior to your next adventure. Real food, lots of calories, sustained release. Bam!

Makes: 24 Fat Cookies

Preparation: 15 Minutes

Cook Time: 25 Minutes

The Ingredients

4 cups (385 g) old-fashioned rolled oats
1½ cups (225 g) whole wheat flour
1 teaspoon baking powder
½ teaspoon salt
3 ripe bananas
1 cup (200 g) raw sugar or coconut sugar
⅓ cup (80 ml) coconut oil (OF: coconut butter)
¼ cup plus 2 tablespoons (90 ml) water
2 tablespoons chia seeds or ground flaxseeds
2 teaspoons vanilla extract
1 cup (225 g) dark chocolate chips
1 cup (120 g) raw walnut pieces or pecans
½ cup (75 g) raw sunflower seeds
½ cup (40 g) unsweetened shredded coconut
1 cup (80 g) diced dehydrated strawberries, pineapple, kiwi, whatever excites you.

The Process

Preheat the oven to 350°F (180°C).

Line two baking sheets with parchment paper.

Place 2 cups (195 g) of the oats in a food processor or blender and pulse until they are finely ground. Transfer to a large bowl and add the flour, baking powder, salt, and remaining oats.

Combine the bananas, sugar, oil, water, chia seeds, and vanilla in the blender or food processor. Add to the oat mixture and stir with a sturdy wooden spoon until combined. Add the chocolate chips, walnuts, sunflower seeds, coconut, and dried fruit.

Place a ¼ cup of dough on the parchment paper. 12 per sheet.

With wet hands, flatten the dough piles just a little.

Bake on the top rack for 23 to 25 minutes until the bottoms are golden brown.

While the cookies are baking, be a Dirt Champ and clean your kitchen!

Store in an airtight container for up to 1 week or freeze for up to 3 months.

