

# Planet Organic *Cosmic Cookie*

## INGREDIENTS

Quick cooking oats

Spelt flour

Sunflower seeds

Pumpkin seeds

Shredded coconut

Flax seeds

GC sugar

Cinnamon, ground

Sea salt

Chocolate chips

Raisins

Water

Molasses

Canola oil

Soy milk

### **NUTRITIONAL INFORMATION:**

Sunflower seeds are power packed with healthy fats, protein, fibre, minerals, vitamin E, and phytochemicals.

Oats have loads of fibre and nutrients.

Molasses is an excellent source of many minerals.

Sea salt is unrefined salt derived directly from a living ocean or sea and contains traces of other minerals, including iron, magnesium, calcium, potassium, manganese, zinc, and iodine.

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