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# Safari Seeded Cookies

My very own cookie invention, 2016



- 1 3/4 cups all-purpose flour
- 3/4 teaspoon baking soda
- 3/4 teaspoon baking powder
- 1/2 teaspoon salt
- 10 ounces unsalted butter
- 1/2 cup shortening (preferably not hydrogenated) or Crisco (which is hydrogenated)
- 1 cup light brown sugar
- 1/2 cup sugar
- 1 teaspoon vanilla
- 1 cup oatmeal
- 1 cup unsweetened coconut meat
- 3 tablespoons milk
- 1/2 cup sesame seeds
- 1/2 cup flax seeds
- 1/2 cup pumpkin seeds, roasted

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*Per Serving (excluding unknown items): 162 Calories; 12g Fat (62.4% calories from fat); 2g Protein; 14g Carbohydrate; 2g Dietary Fiber; 16mg Cholesterol; 64mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 2 Fat; 1/2 Other Carbohydrates.*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**

## Servings: 40

You can substitute other kinds of seeds for the ones used in this recipe, and you can use more of one than another - just use 1 1/2 cups of a combo of seeds of your choice.

1. Preheat oven to 350°F. In a bowl combine the flour, soda, baking powder and salt. Stir to combine and set aside.
2. In a stand mixer combine the butter (softened in the microwave for about 10 seconds if the cubes are refrigerator-chilled) and shortening. Mix until both fats are completely combined and no streaks of shortening are visible. Add the brown and white sugars and vanilla and continue mixing until light and fluffy, about 2-3 minutes.
3. Add oatmeal and coconut and continue mixing until combined.
4. Slowly add the flour, along with the milk, until all are mixed into the dough.
5. Add the sesame seeds, flax seeds and pumpkin seeds, and mix just until combined.
6. Scoop heaping tablespoons of the dough onto a silpat-lined cookie sheet. Slightly flatten tops of each cookie with your fingertips, then bake for about 13-16 minutes, until the cookies are golden and the edges are even darker. (If, by some chance, your cookies spread too much, add in about a tablespoon of flour to the cookie dough and mix well.) They can be baked longer so they reach a very dark brown with no real differences except the cookie will be much more crispy. Remove from the oven and set the cookie sheet on a rack to cool for 3-5 minutes, then gently remove cookies from the pan to a rack to cool completely. Continue baking until all cookies are made. Seal in plastic bags and freeze, or they will keep at room temp for about 2 weeks.