**Ochos**

These delicious “cookies” are simple and great for you! Made with one cake mix (favorite flavor) and 8 power foods, Ochos are a huge favorite of my Bronco athletes. The eggs and walnuts add the perfect blend of amino acids for muscles, and the rest of the power foods add excellent carbohydrates and phytonutrients for energy, healing and repair. Full of fiber, these cookies are also satisfying and filling.

1 box cake mix (favorites are spice cake mix and devils food chocolate cake mix)

2 eggs

1- 15 oz. can Pureed Pumpkin

2 grated Carrots

1 grated apple

1 cup Toasted Chopped Walnuts

1 tsp cinnamon

3+ cups rolled oats\*

1 cup dark chocolate covered raisins\*\*

Mix all ingredients together in large mixing bowl. Drop by small spoonfuls onto greased cookie sheets. Bake at 350 degrees for approximately 13 minutes. Makes approximately 50 small cookies.

\* Add more oats if needed to make cookie dough consistency. May need quite a bit more if apples or carrots are particularly juicy. Or, keep the mixture as more of a batter and make mini muffins instead.

\*\* Can substitute dark chocolate chips and craisins if desired. Go crazy with any favorite dried fruits.

Get creative! What power foods do you love? Switch pear for the apple, zucchini for the carrots…… have fun! These freeze great! Easy to grab a few for a quick pre or post workout snack. YUM!