

Good for You! Chocolate Chip Oatmeal Cookies

Pre heat oven to 350 degrees

Mix together:

1 cup whole wheat pastry flour (or white)
1 teaspoon baking powder
1 teaspoon cinnamon
½ teaspoon salt
2 cups dry oatmeal

Mix together:

2 eggs
½ cup fresh maple syrup (honey can be substituted)
½ cup corn oil
1 teaspoon vanilla

Mix well wet and dry ingredients above and add:

1 cup of chopped walnuts
½ package or 1/2 cup of chocolate chips

Drop heaping tablespoons full of batter onto lightly oiled baking tray. Press cookies down to flatten and bake 20 minutes till lightly browned.

Raspberry Jam Dot Cookies

Ingredients

raspberry jam (any flavor can be substituted)
Dry: 1 cup almonds
1 cup rolled oats
1 cup whole wheat pastry flour
¼ teaspoon cinnamon
a pinch of salt
Wet: ½ cup maple syrup
½ cup canola oil

Procedure

1. Process almonds in food processor into a coarse nut flour.
2. Process oats in food processor into a coarse oat flour.
3. Combine all dry ingredients together.
4. Mix oil and maple syrup together.
5. Add dry ingredients to wet ingredients and mix well.
6. Form walnut size balls, flatten a bit, and put a thumb print in middle.
7. Fill each thumb print with ½ teaspoon of raspberry jam.
8. Bake at 350 degrees for 10-15 minutes or until golden colored.

Maple Walnut Cookies

Ingredients

- 1 ¼ cup of walnuts
- ¾ cup of rolled oats
- ½ cup of flour (try brown rice or ww pastry)
- ¼ cup oil
- 1/3 cup maple syrup

Procedure

1. Place the walnuts, oats and flour in the food processor. Grind till coarse flour texture.
2. Pour in oil blend- pour in syrup blend. Dough will be thick.
3. Oil a cookie tray- drop the dough by the teaspoons full on tray.
4. Flatten with a wet fork.
5. Bake at 375 for about 15 minutes or until golden.
6. They will become crisp as they cool. *Cooking with the Right Side of Your Brain*

Sesame Sweeties

Uncooked tasty delights high in calcium

Makes 14- 21 1 inch balls

- ½ cup of sesame seeds
- 1/3 cup honey
- 2 TBS raw sunflower seeds or almonds
- 2 TBS tahini
- ½ cup if tasted wheat germ (I have substituted toasted oats)
- 1/8 teaspoon sea salt
- ½ cup unsweetened shredded coconut plus additional for garnish if wanted
- 1 teaspoon vanilla extract

Grind sunflower seeds (or almonds) into a rough powder in the blender. Combine all ingredients into a stiff and slightly crumbly dough. Press into balls and roll in coconut (if you want)

The Ayurvedic Cookbook – Amadea Morningstar

7.