Cookie Recipes

SHANNON'S FAMOUS HEMP CRISPS: Add 2/3 cup brown sugar and one beaten egg to 1/2 cup cooled melted
butter and blend well. Mix 1/2 cup flour, 1 tsp. cinnamon and one cup Hemp Hearts separately. Add the dry mix to
the butter mix. Spoon drop on a lightly greased cookie sheet and bake at 350 F for about 7 minutes or until the

edges are very crispy.

Maple Sandies

3 c. rice flour
1 tsp guar gum
1 ½ c rolled oats
½ tsp sea salt
¾ c toasted almonds
¼ c maple syrup
¼ c brown rice syrup
1/3 c unrefined oil
2 tsp vanilla
1/3 c water (approx)

Combine flour, oats, almonds and salt. In a separate bowl mix wet ingredients. Stir together, and moisten with water to make a dough that holds together without being too sticky. Shape into rounds or squares, and press down lightly to flatten. Bake 20 minutes at 350.

Date-nut Softies

2 c. oat flakes
½ c chopped dates
½ c almonds
1 c amasake or rice milk
Pinch sea salt
½ tsp vanilla
¼ tsp grated orange peel

Roast oats in a skillet, stirring over medium heat until they are hot but not browned. Rub oats and dates together, then whiz together in blender or food processor until

thoroughly blended. Place in a bowl. Grind almonds to a powder. Mix all ingredients together. Drop onto cookie sheet and bake at 350 for 20 minutes. Keep refrigerated.

Flaxseed Cookies – Bowel Buddies

2.5 c ground flax seeds
2 tsp baking powder
2 tsp cinnamon

Mix.

2-3 eggs OR 2-3 Tbsp flax seeds in 3 Tbsp hot water
1 tsp vanilla
½ - 1 c water or applesauce
1 c blueberries/ strawberries/ banana, etc
½ c sweetener (maple syrup, barley malt, sucanat, etc) or ¼ cup of stevia

Mix well in blender. Stir together with dry ingredients. Add raisins, currents & cranberries to taste. Place tablespoon size lumps on greased cookie sheet. Bake 20-25 min at 350 F (until bottoms are golden brown). Refrigerate or freeze after cooling.

Almond Butter Cookies

2 c whole wheat or spelt flour
1 c roasted almond pieces
1 pinch salt
1 c almond butter at room temp
½ c unrefined sugar or 1/3 cup maple syrup

Combine flour, almonds and salt in food processor and process to a fine powder.
Using an electric mixer, cream together almond butter and unrefined sugar.
Combine flour & nut mixture with the almond butter-sugar mixture.
Gather the dough into a ball & cover with plastic wrap & refrigerate for 3 hrs. or overnight.
At baking, preheat oven to 300F
Roll out dough to ½ " thick & use cookie cutters to shape cookies.
Bake until lightly browned 20-25 min.

Chick Pea Cookies

1 cup organic butter
2/3 cup sweetener (maple syrup, unrefined sugar, stevia)
1 egg
1 tsp cardamom
1 tsp vanilla
2 cups chick pea flour

1-2 Tbsp water
½ cup raisins

Cream butter and sweetener together. Beat in egg, cardamom and vanilla. Stir in chick pea flour and water. Batter should not be overly soft. Stir in raisins. Drop dough by teaspoon onto cookie sheet. Bake at 300 F for 12-15 minutes until edges are golden brown. Let cool for 5 minutes before removing from pan.

Breakfast Bean Cookies

2 cups oats
1 cup buckwheat/ spelt or rice flour
1 tsp baking powder
1 tsp baking soda
¼ tsp cinnamon
¼ tsp salt
1 can white kidney beans, rinsed and drained
¼ cup organic butter
½ cup unrefined sugar
1 egg
1 tsp vanilla
½ dark chocolate chips
½ cup dried raisins or cranberries
¼ cup chopped nuts
2 Tbsp ground flax seed

Preheat oven to 325. Mix together dry ingredients. Put beans in food processor or blender, and process until smooth. Add butter, sweetener, egg, and vanilla and pulse until smooth, scraping down the sides of the bowl.
Pour the bean mixture into the oat mixture and stir by hand until just moistened. Add chips, raisins, nuts, flaxseed and stir until just blended.
Bake 14-16 minutes.

Power spheres - 1

1 cup almond butter
½ cup honey
Sunflower seeds; pumpkin seeds; sesame seeds; chocolate chips (approx 1-2 Tbsp of ea.)

Form into balls and refrigerate

Power spheres - 2

1 cup peanut butter
1/2 cup liquid honey

1/2 cup maple syrup
1/2 cup chocolate chips, melted
2 cups sunflower seeds
1 cup pumpkin seeds
1 cup sesame seeds
1 cup hemp seeds
1/2 cup oats

Mix together peanut butter, honey, maple syrup and melted choc. chips until smooth. Gradually add in sunflower seeds, pumpkin seeds and sesame seeds. Add hemp seeds and oats and mix gently in your stand mixer or mix together by hand. Scoop and roll into Ping-Pong size balls. These could be rolled into blenderized oats.

You can eat them right away, but they will be less sticky after a few hours left out to dry. they freeze well layered on wax paper in an airtight container.

Also you could add difference seeds as long as they add up to 5 cups.

Pumpkin Cookies

½ cup honey

½ cup organic butter or coconut oil

1 egg

1 cup cooked pumpkin

1 tsp vanilla

2 tsp baking powder

½ tsp baking soda

2 cup spelt flour

1 tsp allspice

1 tsp cinnamon

1 cup raisins

1 cup walnuts

Combine all ingredients. Bake at 375 for 8-10 minutes.

Chocolate Energy Orbs

¾ cup nut butter
¼ cup tahini

½ cup maple syrup
1 cup toasted sesame seeds
¼ cup cocoa powder
1 cup oat bran
½ cup wheat germ
½ cup unsweetened coconut

Blend first three ingredients. Add sesame seeds, cocoa, oat bran and wheat germ and blend until doughy. Roll mixture into balls and roll in coconut.

Cover and refrigerate for up to two weeks.

Cranberry Nut Shortbread Cookies

Grind to a meal:
1 ½ cup soaked and dehydrated almonds or cashews

Add: ½ cup coconut oil or organic butter (softened)
¼ cup unrefined organic sugar
1 Tbsp lemon juice and/ or grated lemon peel
1 tsp each vanilla and almond extract

Combine and add:
1 cup arrowroot flour
¼ tsp stevia powder
½ tsp unrefined sea salt

Add:
¼ cup finely chopped dried cranberries

(a food processor combines mixture better)

Form small balls and flatten each into a thick circle. For decoration, may press a piece of dried cranberry in centre of each. Place on ungreased cookie sheet. Bake at 300 degrees until lightly browned on the bottom. (about 10-15 mins) let cool before removing.

Protein-seed cookies

2 cups of spelt/ buckwheat/ etc. flour
1 cup of ground rolled oats
1 tsp baking soda
½ tsp cinnamon
¼ tsp allspice
½ cup vanilla protein powder
½ cup sesame seeds

2/3 cup pumpkin seeds
½ cup sunflower seeds
pinch of salt
½ cup oil
½ cup applesauce
½ tsp vanilla extract
1/8 cup apple juice

Mix all ingredients. Roll into balls, flatten and bake at 350F for 15 minutes.

Snappy Ginger Cookies

½ cup molasses
2 Tbsp maple syrup
2 Tbsp canola oil
1 ½ tsp vanilla
1 Tbsp soy/ rice or almond milk
1 3/4 cup spelt flour
¼ cup ground almonds
1 ¼ tsp ginger
½ tsp cinmamon
½ tsp baking powder
½ tsp baking soda

Preheat oven to 300F. In a large bowl, combine flours, almonds, ginger, baking soda, baking powder, cinnamon. Combine molasses, maple syrup, oil, vanilla, milk. Slowly beat dry into wet until combined. Knead dough until firm. Refrigerate 45 minutes. Roll out and cut into shapes; or roll into balls and flatten with fork. Bake at 300F for 10 minutes.

Yogurt Oatmeal Cookies

Combine the following ingredients and let sit overnight at room temp:
½ cup melted organic butter or coconut oil
1 cup oatmeal
1 cup whole grain spelt flour
2-4 Tbsp plain organic yogurt

Combine and add:
2 beaten eggs
1 tsp vanilla

Combine and add:
1/2 cup or less unrefined sugar
½ tsp stevia powder
½ tsp unrefined salt

½ tsp baking soda

Add; ½ cup chopped raisins or other dried fruits, or chocolate chips + ½ cup seeds or chopped nuts/ shredded coconut

Drop by spoonful onto greased cookie sheet. Flatten each with fork. Bake at 325 degrees about 10-15 minutes until firm on top.

Honey Molasses Gingerbread cookies

Combine:
1 ½ cups whole grain flour
1 tsp baking soda
½ tsp sea salt
1 tsp cinnamon
1-2 tsp ginger powder
¼ tsp cloves or allspice
¼ tsp nutmeg

Cream together:
½ cup organic butter
¼ cup each honey/ blackstrap molasses
¼ cup or less unrefined sugar

Combine the two mixtures. Wrap dough and let sit at room temperature about 8 hours. Roll out dough to about 1/8" thickness. Cut into shapes and transfer to ungreased cookie sheet. Or shape into balls, and press to flatten. Bake at 350 degrees about 7-10 minutes or until done.

Icing:
Option 1 – coconut butter: combine ½ cup coconut oil with a pinch of unrefined salt, and vanilla, honey, stevia to taste.
Option 2 – lemon butter: combine ¼ cup each butter or ghee, ¼ cup honey or rice syrup, 1 tsp light miso, ½ tsp vanilla, ½ tsp lemon juice