

Cranberry-Raisin Cookies

Sharon Benedict

Home & Harvest, Healthy Eating on Rotation

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Day 3 Rotation = Using Amaranth, spelt, and rye flours, with raisin puree was definitely an adventure to concoct. Then add Hazelnut meal. But they actually came out really nice. Even my hubby liked them so much they disappeared within a couple days!!

Servings: 32

Yield: 32 each

1/4 cup Amaranth flour

1/2 cup Spelt flour

2 tablespoons Spelt flour

1/4 cup rye flour

2 tablespoons Hazelnut Meal

1 teaspoon baking soda

1/8 teaspoon sea salt

2 tablespoons Hemp Protein

2 tablespoons Beet Sugar

1 tablespoon Truvia-stevia, sweetener

1 tablespoon Agave nectar

2 tablespoons olive oil

1/3 cup Raisin, pureed

1/4 cup Hazelnut Milk

1/3 cup dried cranberries

3 each walnut, quartered

2 tablespoons Hazelnut Meal, optional: for dusting on hands when rolling into balls

1/4 cup beet sugar, to sprinkle on cookies after cooking if prefer more sweetness

Day 3 Rotation, Desserts-Cookies & Bars



Preheat oven to 350 deg F.

Mix all dry ingredients together, including raisins (not raisin syrup) and chips. Then mix all liquid ingredient in a separate bowl til well blended.

Pour liquid into center of dry ingredients and mix until a thick doughy mixture. It may be a little sticky. No problem. Let sit in refrigerator for about 10 minutes.

Dust you palms alittle with spelt flour. Then pick up about 2 T. of dough in hands and roll into a ball, slightly compressing dough. Ball should be about 1 inch diameter. If too sticky still, dust a little hazelnut meal on hands when you roll dough into balls (1/4 c. total for all balls).

Place on cookie sheet on top of parchment paper, keeping them at least a couple inches apart. Flatten each ball slightly with half walnut as topping.

Place in oven for 12-14 minutes at 350 deg F. Remove from oven to cool on cookie rack for about 10 minutes (but don't be surprised if you sneak one while still hot). And while still hot, sprinkle top with a little beet sugar (1/4 c. total) to increase sweetness, if you prefer.

Serve with your favorite side dishes and/or hazelnut milk on Day 3 Rotation, or dip in delicious hazelnut milk before biting down.

You can also make these with carob chips (about 1/4 cup).

Preparation

Time: 20 minutes

Start to Finish

Time: 1 hour

These cookies are pretty high in fats because of the walnuts and hazelnut meal. So, don't eat too many, even though they are really tasty!

Per Serving (excluding unknown items): 126 Calories; 9g Fat (58.8% calories from fat); 4g Protein; 10g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 48mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 1 1/2 Fat.