

Herbal Legacy Recipes

LEMON SWIRLS

Original Fast Foods Recipe - by James D. and Coleen Simmons

INGREDIENTS

- 1 C. raw cashews
- 1/3-1/2 C. lemon juice (your preference to taste)
- 3 cups raw shredded coconut
- 1/2 C. honey

DIRECTIONS

1. Blend the cashews and lemon juice in blender until creamy.
2. Add 1 cup coconut and the honey to the blender and continue blending until well mixed.
3. Remove contents from blender and place contents in a bowl.
4. Add remaining 2 cups of coconut and stir until well mixed.
5. Spoon onto solid dehydrator sheet and flatten to round cookie shapes.
6. Dehydrate at 105 degrees for 3 hours, then remove from solid sheet, turn cookies over and place on mesh dehydrator sheet.
7. Dehydrate for an additional 2 to 3 hours, until dried to desired consistency.

Herbal Legacy Recipes

<http://www.herballegacy.com/Recipes.html>

© Copyright 2008 Herbal Legacy