

Herbal Legacy Recipes

Molasses Cookie Dough

INGREDIENTS

- 1 c. raw almonds
- ¼ c .- ½ c. water
- ½ c. blackstrap molasses
- ½ c. honey
- 1 tsp. vanilla powder (opt.)
- 1-2 tsp. cinnamon
- 4 c. rolled oats or oat groats (soaked 24 hrs. then blended)
- Optional: 2 T. of sunflower seeds, sesame seeds, and flax seeds (add after oats).



DIRECTIONS

I do this in a food processor:

1. Blend almonds to fine texture.
2. Next add water, follow by adding all ingredients except oats.
3. Blend until smooth and add oats.
4. Put in refrigerator and let chill to consistency of cookie dough.
5. I keep it in the refrigerator and eat it like raw cookie dough or you can roll in balls, flatten and dry in dehydrator.

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