

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Raw Lemon Cookies

4 C raw cashews (soaked 4 hours or more)

1/2 C raw honey

zest of 1 large organic lemon

juice of 1 large organic lemon (about 1/4 cup)

1 C shredded dried coconut



Grain cashews and put into a food processor. Add honey to cashews. Zest lemon and add half the zest to the processor. Cut lemon in half, remove seeds, and squeeze juice from both halves into the food processor. Pulse a few times, scrape sides of the processor, and continue to pulse/scrape until a dough forms. Then add other half of lemon zest and the coconut (distribute it well; don't leave in a clump). Repeat pulse/scrape process until dough becomes a little chunky.

Add dough to a cookie press with any design, press cookies onto a Para-Flex, and dehydrate at 105 degrees for 12 hours. Then remove Para-Flex and continue to dehydrate on mesh for another hour to make sure bottoms are not sticky.

Recipe is taken from GreenSmoothieGirl.com Readers' Favorite Healthy Recipes Volume 1, by Robyn Openshaw.