

# Digestive Cookies

Recipe by Joy McCarthy from Joyous Health

JOYOUS HEALTH

## Ingredients:

- 3/4 cup organic red fife flour\*
- 1/2 cup oats, blitzed in blender or food processor to a finer texture
- 1/2 tsp baking soda
- 1/3 cup coconut sugar
- 1/3 cup liquid coconut oil
- 1 tbsp nut milk
- Optional: 1/2 cup organic chocolate chips

## Instructions:

1. Preheat oven to 350F degrees.
2. Combine dry ingredients (excluding chocolate chips) in a large bowl, flour, oats, baking soda, sugar. Melt coconut oil and add to dry ingredients. Add nut milk and combine.
3. Roll cookie dough into one large ball and refrigerate for an hour or two. This will make forming the cookies much easier.
4. Grease a cookie sheet or line with parchment paper. Form the cookies into small balls and then flatten with a fork or your fingers.
5. Bake for 12 minutes. When cookies are done baking, let cool completely on a cooling rack.
6. Optional: Place chocolate chips in a saucepan on very low heat or use a double boiler to melt completely. Dip each cookie into chocolate and then refrigerate for an hour.

## Notes:

\*If you don't have red fife flour you could also use organic spelt or kamut flour. Makes 18-20 cookies.