

Holiday Cookie: Fruit and Nut Thins

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1 3/4 cup spelt or kamut flour
- 1 tsp baking soda
- 1 tsp ground cardamom
- 1 tsp ground cinnamon
- 1/2 tsp ground ginger
- pinch of fine sea salt
- 1/3 cup water
- 3/4 cup maple syrup (There is more sugar in the original recipe - so you could add more if you like)
- 1/2 cup melted coconut oil
- 1/2 cup shelled pistachios, coarsely chopped
- 1/2 cup roasted hazelnuts, coarsely chopped (original recipe says to peel them but I didn't -- I was being lazy)
- 1/3 cup unsulfured dried cranberries
- Optional: 1/2 cup orange peel (You could just use a cheese grater to get the zest from the orange)

Instructions:

1. Preheat oven to 350F.
2. Line an 8 x 4-in. loaf pan with plastic wrap.
3. In a large bowl, combine flour, baking soda, spices and fine sea salt.
4. In a separate bowl, combine water, maple syrup, melted coconut oil, nuts and cranberries.
5. Add the wet ingredients to the dry and mix until just combined.
6. Place into the loaf pan you lined with a large piece of plastic wrap. Press the mixture down and make sure it's covered by the wrap. Freeze batter for 2 hours.
7. After 2 hours, remove batter from the freezer. If you did NOT half the recipe, then you'll have to cut the batter into half crosswise (I know.. that sounds confusing, but you'll know what I mean once you make it). And then slice each cookie about 1/3 of an inch thick.
8. Line a cookie sheet with parchment paper and place cookies on sheet.
9. Bake for 12-15 minutes until golden brown.

Notes:

Makes 40 cookies. As per my notes above, I divided every single ingredient into half because 40 cookies would just be asking for trouble in my home, ha! Dividing some

ingredients in half like the flour was a super odd measurement so I just ballparked it and it turned out perfect, so don't stress about it being 100% accurate. By the way, taste the batter to make sure it's sweet enough to your likely. I significantly reduced the amount of sugar.