



INGREDIENTS (~2 dozen/24 cookies)

- 1 egg
- ¼ cup olive oil
- ¼ cup pekmez or black strap molasses
- 2 t vanilla
- 1 1/2 cups rolled oats
- 1 cup flour + ½ cup flour
I use half almond and ½ buckwheat
- ½ t cinnamon
- ½ t baking soda
- ½ t baking powder
- ½ t salt
- handful of rice flour
- or buckwheat, or any you want, I use rice as it is light and adds no taste or weight

OPTIONAL: 85%+ black chocolate for dipping, minced walnuts or raisins

INSTRUCTIONS

- Preheat oven to 165/330F
- Mix wet ingredients in a bowl
- Mix dry ingredients
- Combine wet and dry ingredients
- Place in fridge for 15 minutes
- Cover a baking sheet with oven paper
- Scoop, form into balls, flatten, and place on lined tray
Keep the rice flour handy as they get sickly and a sprinkle of flour on the hands eases prep
- Bake 10 minutes
- while baking first batch, I usually form the rest of the cookies
- Remove and cool

IF you are going to dip in chocolate

- While cookies are cooling melt chocolate in a bain marie on the stove
 - you need only two pots, one slightly smaller than the other. Bottom/bigger one with a bit of water and the top/smaller one with the chocolate
- Once cookies are cool, dip half into chocolate
- Place on a tray covered in oven paper
 - this is CRUCIAL. The paper keeps them from sticking
- Store them in the fridge overnight or minimum 3 hours

SERVING/NOTES

- Serve with coffee or tea at breakfast or for dessert.
- Store covered carefully in the fridge for up to 3 days or in the freezer in an airtight container for up to 2 weeks (take out ~20 minutes before serving)

Nutrition tip

Among the many benefits of oats are their role in balancing blood sugar, being an ideal source of fibre, rich in magnesium, and enhancers of the immune response to disease. The unique fiber in oatmeal called beta-gluten has been shown to help neutrophils travel to the site of an infection more quickly and it also enhances their ability to eliminate the bacteria they find there.

Using almond flour and/or adding walnuts include the necessary protein component which makes this bite sized treat a healthy snack or breakfast.

Overall the combined ingredients in these cookies check important boxes for health; aids digestion and blood sugar balancing, benefits heart health and contributes to the reduction of inflammation.