

CHEWY OAT & NUT COOKIES

1 c dates

½ c rice milk works best for ‘crispier’ cookies, or you can use another type of ‘milk.’

2 tsp vanilla extract

1c oat flour

1 ¼ c almond flour (or hazelnut flour)

1/2 tsp baking powder

½ tsp sea salt

1/2 tsp cinnamon

2 tsp pumpkin pie spice

OPTIONAL: ½ c raisins and ½ cup walnut pieces (or another nut)

Preheat oven 176 C (350 F).

Line baking sheet with parchment paper.

Place dates in small bowl with small amount of water. Microwave 30 sec to 1 min to soften. Drain excess water off dates and add milk and vanilla. Mash well or use a small food processor.

In another bowl, combine the “dry” ingredients – the raisins and nuts too, if you are including them. Mix with a whisk to break up the oat flour and thoroughly combine the ingredients.

Add the date mixture to the dry ingredients and form the cookie dough.

The batter is sticky to work with. You can refrigerate it for 10 to 20 minutes, and/or keep your hands damp as you form the dough into about 24 round balls.

Flatten cookies with a fork (frequently dip fork in water to keep batter from sticking to the fork).

Bake for about 12 minutes.

Cookies will be crisper and chewier after they cool.

IMPORTANT NOTICE: *Sugar-free and additive-free baked goods must be stored in the refrigerator or freezer. Without natural preservatives like sugar or salt, their shelf life is very short, and they should not be kept at room temperature for more than one day.*

Created by [Eve Lees](#) (I’ve changed this recipe many times over the years. It originally began as a soft cookie recipe for my kids, and after lots of experimenting, I developed a crispier and chewier version for my grandkids).