

RAW OAT COOKIES

Ingredients:

1. Oats Grain 1&½ cup = Rolled oats ±2 cups
2. Oats Grain ½ cup = Milled oats: ±1 cup
3. 3 Medium Apples, puree with skin: 1 cup
4. Coconut oil: ½ cup
5. Honey/Agave/Yacon syrup: ¼ cup
6. Raisons: 1 cup
7. Grounded Cinnamon: 1x tsp
8. Note: Cacao nibs and other ingredients could be added.

Preparation:

1. Roll the 1 & ½ cup oats with an oats roller and place in a bowl.
2. Mill the ½ cup oats with a stone mill, and also place in a bowl.

Remember once a grain berry has been rolled or milled, it is dead then and the natural process of decomposition starts as the protecting bran sheath is broken and oxygen is introduced into the equation, nutrients will be lost and oxidized over time. Solution - only process (roll or stone mill) grains on demand. One can store grains for years under the ideal conditions.

3. Shred the apples SEPARATELY in the Personal Blender/Magimix.
4. Grind the cinnamon sticks in the Personal blender fine.
5. Add all the ingredients together and mix well.
6. Place cookies on mesh sheet, flatten slightly, in the dehydrator for 24h @ 45C.

Note: For a firmer consistency and harder cookie, dehydrate at 60 Deg C for the first 2 hours.

Serve 6 people

Enjoy &



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