

Traditional Oat & Coconut cookies

Ingredients:

1. 2 cups whole oat grain
2. 1 cup whole spelt or wheat grain
3. 3 cups desiccated coconut, \pm 500g
4. $\frac{1}{2}$ tsp Himalayan rock salt
5. 1 & $\frac{1}{2}$ tsp freshly ground cinnamon
6. $\frac{1}{2}$ cup honey
7. 1 cup butter or coconut oil
8. $\frac{1}{2}$ cup of milk
9. 1 tsp bicarbonate of soda dissolved in the milk

Preparation:

1. Flake the oats with a grain roller.
2. Set your stone mill to fine (3 clicks to the right from where the stones touch); remember the mill must be switched on.
3. With the mill switched on pour the grain into the hopper.

Note: Remember once a grain berry has been milled or flaked the natural process of decomposition starts as the protecting bran sheath is broken and oxygen is introduced into the equation, nutrients and aroma will be lost and oxidized over time. Solution, only process (stone mill or roll) grains on demand.

4. Oil two baking pans with butter or coconut oil.
5. Thoroughly mix all the dry ingredients in a mixing bowl.
6. Melt and mix the butter and honey.
7. Add the honey mixture to the dry ingredients.
8. Mix the batter through it will have a flaky texture.
9. Add the milk and bicarbonate mixture and knead and mix the dough, with the moist in the milk, it will allow the dough to cling to each other and to develop in a firm solid texture.
10. With the hands, roll small balls and squeeze flat to form wheels and gently place it on the baking pans.
11. Preheat your oven to 175 deg C.
12. Bake for 15-20 minutes.
13. If you prefer crispy cookies, it could be dehydrated for \pm 8 hours at 45 deg C.

Makes \pm 45 delicious cookies.

Enjoy it &



www.gonatural.co.za