

Honey Oatmeal Cookies

Inspired by Grandma Lura Warnock's recipe.

In a small saucepan put:

1 cup Raisins

1/4 cup water

Bring to a boil, cover and boil for about one minute, then take pan off heat and set aside.

In a large bowl put:

2 Tablespoons Olive Oil

1/2 cup Honey

2 Tablespoons Blackstrap Molasses

1 1/2 cups of whole-wheat flour

1/4 teaspoon salt

1 ripe Banana (mashed)

1/2 cup Shredded Carrots

1/4 cup Shredded Zucchini

3/4 cup Chopped Almonds

1/4 cup ground Flax seed

1/2 cup Shredded dried Coconut

1/2 tsp grated fresh ginger (or 1/4 tsp dried Ginger powder)

2 cups oatmeal

Then in a small bowl put:

1-tablespoon fresh squeezed lemon juice

1-teaspoon baking soda (This important step will make the mixture fizz)

Then add almond milk and stir

(Almond milk :1/4 cup almonds and 1/4 cup of cooked raisins and 1 cups of water Blend until almonds are very fine)

1/2-teaspoon vanilla

Add almond milk mixture and the cooked raisins to the oatmeal mixture.

Mix until blended.

Use a tablespoon to drop dough on a non-stick un-greased cookie sheet and sprinkle with a bit of shredded coconut and cook for about 8 to 12 minutes (this time varies by size of cookies and oven) (cook one pan at a time). I check by feeling top of cookie. When they just start to feel slightly firm, they are done. You can even take one off the cookie sheet to test. Yum! When they are done, remove from pan and place on a cooling rack. These cookies dry out quickly so as soon as they are cool (if there are any left), I put the extras in a freezer bag and toss them in the freezer for later. Hope you enjoy them as much as Paul and I do. Tamra