

Desserts

Chia Cookies

Christine Waltermeyer

Serves: 12

Preparation Time: 20 minutes (active prep time)

Ingredients:

1 cup currants
2 cups finely ground rolled oats
1/2 cup dried, unsweetened, shredded coconut
1 tablespoon ground chia seeds
1 tablespoon whole chia seeds
1 teaspoon cinnamon
1 apple, peeled and quartered
2 tablespoons raw almond butter
1 teaspoon alcohol-free vanilla flavor

Instructions:

Preheat oven to 200 degrees F.

Soak 1/2 cup of the currants in 1/2 cup water for at least 1 hour.

Combine the ground oats, coconut, remaining currants, chia seeds and cinnamon in a bowl.

Place the apple in a food processor and puree until smooth. Add the almond butter, soaked currants and their soaking water and vanilla. Blend until smooth, then add to the dry ingredients and mix well.

Form cookies using 2 teaspoons of dough per cookie. Place on a baking sheet lightly wiped with oil or covered with parchment paper. Bake at very low heat, 200 degrees F for 1 1/2 to 2 hours.

Makes 36 cookies.

Per Serving:

CALORIES 84; PROTEIN 2g; CARBOHYDRATES 13g; TOTAL FAT 3.3g; SATURATED FAT 1.5g; SODIUM 2mg; FIBER 2.3g; BETA-CAROTENE 4ug; VITAMIN C 1mg; CALCIUM 20mg; IRON 2.5mg; FOLATE 2ug; MAGNESIUM 13mg; ZINC 0.2mg; SELENIUM 1.1ug

Dr. Fuhrman

