

Oatmeal Raisin Cookies

From *Living in the Raw* by Rose Lee Calabro

2 cups oat groats, sprouted 2 days
2 cup barley soaked 2 days
¾ cup honey dates
2 cup water
1 banana
1 teaspoon vanilla
1 teaspoon cinnamon
1 cup walnuts, soaked 6-8 hours and chopped
1 cup raisins

Process oats, barley, dates, water, and banana in a blender until mixture is smooth and thick. Add the vanilla and cinnamon; blend; blend again. Stir in the walnuts and raisins. Spoon dough on a dehydrator tray with a teflex sheet, and form into small round cookies. Dehydrate at 105 for 4-6 hours, turn cookies over, and remove teflex sheet. Continue dehydrating for 4-6 hours, or until desired moisture is obtained.

Note: I just use 3 cups oats and more bananas when I don't have dates. The recipe seems to be very forgiving. Smile.

Rawkalicious Cookies

1 cup almond pulp
1 cup walnuts, crushed
2 bananas, mashed
.5 cup currants
.5 cup sesame seeds
.5 cup coconut flakes
.5 cup pumpkin seeds
.25 cup goji berries
.25 cup honey
.25 cup hemp seeds
1 t vanilla
.5 t cinnamon