

Karen's Health Cookies

Preheat oven to 350 degrees

Preparation time: 15 minutes

Baking time: 25 minutes

These cookies were created by Karen Elkins, a friend and registered dietician. They incorporate the use of “substitute eggs” which are made from flaxseed meal. They're her version of “mandlebrot” and contain no eggs, added oil or sugar.

Ingredients:

1 cup whole wheat flour

$\frac{3}{4}$ cup unsweetened applesauce

1-2 ripe bananas, mashed

1 teaspoon vanilla

1 teaspoon baking soda

Optional: choose 2 of the following:

1 ounce sesame seeds

1 ounce sunflower seeds

$\frac{1}{2}$ cup dried cranberries

$\frac{1}{2}$ cup crystallized ginger

$\frac{1}{2}$ cup dark chocolate or carob chips

$\frac{1}{2}$ cup chopped almonds or walnuts

1 cup flaxseed meal (have on hand, less is used in the recipe)

$\frac{1}{4}$ cup water

Directions:

1. Mix all ingredients together, except for flaxseed meal and water.
2. Make 3 “substitute eggs”. For each egg, mix 1 tablespoon flaxseed meal with 3 tablespoons water, and let sit for 2 minutes. Add to mixture of other ingredients. If combined mixture is too dry, add an additional “egg”.
3. With hands, roll out combined mixture into several logs. If it's too sticky, add more flour.
4. Bake on baking tray for 15 minutes at 350 degrees. Remove from oven and cool for 10 minutes. Then slice logs on diagonal into $\frac{1}{2}$ inch slices. Lay slices on their side on baking tray and return to oven to bake for additional 10 minutes.

Original recipe by:

Karen Elkins