

the organic cook

personal chef service

Quinoa, oat, spelt crunchy walnut and chocolate cookies

1 cup organic rolled oats
1 cup quinoa flakes
1 cup spelt flour (I use demeter as it's freshest and hand milled)
1 cup rapadura or panela sugar (pure sugar cane from brazil full of minerals and low-gi)
1 teaspoon baking powder (I use bob's aluminium free)
250g organic butter
1 teaspoon pure vanilla
2 eggs (organic or biodynamic of course)
1 block organic dark chocolate (I use green and blacks which is also fair trade) chop into small pieces
200g raw walnuts

Preheat oven to 170 degrees

Line some baking trays with baking paper

Put the walnuts on a tray and roast for 15 minutes (you will be able to smell the amazing aroma) chop them small

In a medium bowl combine the oats, quinoa flakes, spelt flour, baking powder, and dark chocolate add the walnuts

In another bowl put the butter and cream until light and fluffy with hand beaters or use a commercial mixer, add the sugar and beat for another 2 minutes, lastly add the eggs and beat until mixed add the vanilla and then mix in all the dry ingredients and stir by hand or with a wooden spoon

The mixture will be dense, break off small amounts the size of a small golf ball and then flatten onto the baking tray with your fingers

Bake for 15 minutes, they will be a chewy consistency try not to eat too many in one go!