

Calling all healthy cookie monsters! Lets replace the ingredients to our favorite cookies with pure, simple and whole ingredients. Were replacing flour, refined sugar, butter and eggs with ingredients such as almonds, cashews, buckwheat groats, and dates. Youll find the classics like thin mints, oreos, maple pecan, snickerdoodle, oatmeal raisin, lemon poppyseed and more! My goal was to make a versatile cookie batter that could be used in a variety of different cookies. I wanted options and I especially wanted a raw vegan cookie with crispy outsides and soft insides. Many cookies later, I came up with 3 base recipes that can be used interchangeably in all 12 cookies. That means there are a total of 36 cookies recipes! These cookies can be sprouted, gluten-free and are all raw vegan. However they could be made in the oven like regular cookies as well. The cookie options are limitless with the simple techniques Im about to show you. Equipment required: Food processor or blender, dehydrator or oven. Have a nut allergy? Alternatives are included in the book. For example almonds and cashews can be replaced with oats and coconut flour.

Spank Her Hard, Timeless, ANARKALI, Collected Millar: The Master at Her Zenith: Vanish in an Instant; Wives and Lovers; Beast in View; An Air That Kills; The Listening Walls, Fables, Think About These Things, Original Short Stories, Volume VI (Dodo Press),

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