



## SOFT & CHEWY OATMEAL DATE MOLASSES COOKIES

Vata↓, Pitta ↓, Kapha↑↓\*

**Makes:** 18 cookies

**Prep Time:** 15 minutes (plus 30 minutes refrigeration time)

**Cook Time:** 10 to 13 minutes

\*Kapha can enjoy in moderation.

### INGREDIENTS

- 1/3 cup oat flour\*
- 1/2 teaspoon baking soda
- 3/4 teaspoon cinnamon powder
- 3/4 teaspoon Ayurvedic Breakfast Spices\*\*
- 1/8 teaspoon salt
- 1-1/2 cups whole oats (do not use quick oats)
- 1 egg
- 1/3 cup maple syrup
- 2 tablespoons molasses
- 1/2 cup melted (but not hot!) ghee
- 1 teaspoon vanilla extract
- 4 large medjool dates (about 1/2 cup), pitted and finely chopped
- 1/2 cup chopped walnuts

\*The oat flour can be made by grinding 1/3 cup of whole oats in a spice grinder or blender until a powdered form has been reached.

\*\*The Breakfast Spices can be replaced with 1/4 teaspoon cinnamon, 1/4 teaspoon ginger powder, 1/8 teaspoon cardamon powder, and 1/8 teaspoon turmeric powder.

### DIRECTIONS

1. Preheat the oven to 350 degrees.
2. In a large mixing bowl, add in the egg, maple syrup, molasses, melted ghee, and vanilla extract. Using a hand mixer, mix well until the ingredients are thoroughly blended, about 1 minute.

**NOTE:** Make sure the ghee is liquid but not hot! Using hot ghee with the raw egg will cause the egg to begin to cook.

3. In a small mixing bowl, combine the oat flour, baking soda, cinnamon, Breakfast Spices, and salt. Measure out the whole oats but keep them separate.

4. Add the dry ingredients to the wet ingredients in the large mixing bowl. Mix on a low setting until there is no sign of dry ingredients and everything looks evenly blended, about 1 to 2 minutes.
5. Stir in the whole oats manually using a silicone spatula or large mixing spoon.
6. Using the hand mixer, mix one final time for 30 to 60 seconds to break down the oats slightly. Do not over blend or the oats will begin to break down too much and can dry out the cookie.
7. Add in the chopped dates and the walnut pieces. Using the spatula, manually mix these in until they are evenly dispersed.

**NOTE:** I like to save a handful of the date pieces (about 18) and place one on top of each cookie dough ball before cooking!

8. Cover the cookie dough and place it in the refrigerator to chill for at least 30 minutes (or up to 4 days). If you are placing the dough in overnight or longer, please thaw the dough slightly at room temperature for about 30 minutes before baking.
9. Once the dough is ready, take about 2 tablespoons worth and roll into a ball. Place the ball onto a cookie sheet. Repeat this until the cookie sheet is filled, leaving about 2 to 3 inches of space between the balls.
10. If you have saved extra date pieces, place one securely on top of each cookie dough ball.
11. Take a fork and gently press down each ball without causing cracking.
12. Place the cookie sheet into the heated oven. Bake for 12 to 13 minutes. The cookies will still be soft at this time, however they will get a bit more solid on the outside after sitting out. Make sure not to overcook, as this will cause a hard and dried out cookie.

**NOTE:** If your pleasure is a super, super soft and chewy cookie, take the cookies out at 10 minutes. They will be very soft and look slightly undercooked, but they will become more solid after sitting out. This time setting will create a melt-in-your-mouth, chewy granola bar like texture.

13. Take the cookies out of the oven and let them cool on the cookie sheet for 5 to 10 minutes. Using a spatula, carefully place them on a wire rack to cool further.
14. Repeat the baking process with any leftover dough.
15. Enjoy these soft, sweet, and spicy cookies over a cup of chai or golden milk. They make a great healthy dessert or energizing snack for the entire family!