



Winter Recipe III

Thumbprint Cookies

Makes 1 dozen

These little cookies taste great prepared with small amounts of nuts and oil. See the difference in fat contents in the nutritional analysis at the end of the recipe.

2 tablespoons nuts (almonds, hazelnuts, walnuts, pecans or cashews), or part shredded coconut, plain or lightly toasted and ground with nuts
1/2 cup oatmeal
1/2 cup whole wheat pastry flour
1/2 teaspoon aluminum-free baking powder
1/2 teaspoon cinnamon
1/4 teaspoon sea salt
1 or 2 tablespoons light vegetable oil (Spectrum walnut oil)
2 tablespoons pure maple syrup, brown rice syrup or agave syrup
Zest of half a lemon
1/2 teaspoon vanilla
1/4 teaspoon almond extract, only when almonds are included
1/2 cup fruit-sweetened jam (raspberry, apricot, peach or blueberry jam or orange marmalade)

1. Preheat oven to 350°. Line a baking sheet with parchment paper or brush with oil. In a processor, grind nuts and oatmeal together.
2. Mix dry ingredients. In a separate bowl, whisk wet ingredients together and add to dry. Stir to form dough. Roll dough into a cylinder and cut in 12 even slices. Roll in balls and transfer to baking sheet. Press your thumb in the middle of each ball. Fill indentations with jam. Bake until golden, 15 to 20 minutes.

Variations:

Wheat-free Thumbprint Cookies: Substitute barley flour for wheat flour(s), or a combination of barley and chestnut flours with a small amount of teff flour.

Gluten-Free Thumbprint Cookies: A combination of millet with buckwheat or brown rice or sifted chestnut flours is quite nice here.

For 12 servings, per serving, with 1 tbsp. oil:

Calories: 85 Protein: 2gm Saturated Fat: 0.1gm Fiber: 1gm Carbohydrate: 15gm Fat: 2gm
Cholesterol: 0 Sodium: 51mg
Calories from Carbohydrate: 72% Calories from Fat: 21% Calories from Protein: 7%

For 12 servings, per serving, with 2 tbsp. oil:

Calories: 94 Protein: 2gm Saturated Fat: 0.2gm Fiber: 1gm Carbohydrate: 15gm Fat: 3gm
Cholesterol: 0 Sodium: 51mg
Calories from Carbohydrate: 64% Calories from Fat: 30% Calories from Protein: 6%