

CARDAMOM ROSE OATMEAL COOKIES



Prep Time: 10 Min

Cook Time: 12 Min

Serves: Makes 2 Dozen

Directions:

1. In a large bowl, mix ghee, dates, and sugar until creamed together.
2. Beat in eggs or for an eggless option, take 1 tbsp of ground flaxseed and add 2 TBSP of water, mix and let sit 5 minutes and use as two egg substitute.
3. Add vanilla.
4. Stir together flour, rose, spices, & salt separately in another bowl. Add to the ghee mixture and stir well. Stir in oats slowly.
5. Place 2" apart on greased baking sheet.
6. Bake at 375 degrees for 9-12 minutes, until golden and slightly crunchy on top but soft in the center.

Ingredients:

- 1 C Ghee (softened, room temperature)
- 1/2 C chopped dry dates
- 1 C Maple Syrup (or raw cane sugar)
- 2 eggs (or you can use a flaxseed "egg wash" substitute)
- 1 1/2 tsp. Vanilla extract
- 1 1/4 C rice, oat, or bran flour

SIMPLEVEDA

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1/2 C rose petal powder
1/2 tsp sea salt
1 tsp cinnamon
1/2 tsp nutmeg
2 tsp Cardamom
3 C rolled oats

I have to thank my wonderful friend Sica for this recipe. It was originally her grandmother's and she adapted it to make it more of an Ayurvedic recipe. How about replacing Crisco with Ghee. These are delicious cookies. They have been a winner in my house and they've been a hit at parties too!