

without the worry of consuming ingredients that can significantly impact their health and the quality of their life. Try this recipe and see that healthy food CAN be delicious!

Ingredient List:

- 1 cup Rolled Oats
- 1/2 cup Rice Flour
- 1/2 cup Oat Flour
- 1/3 cup Tapioca Flour
- 1/4 tsp. Baking Soda
- 1 tsp. ground Mexican Cinnamon
- 1/2 tsp. Sea Salt
- 1/2 cup Raw Walnut Halves chopped

- 1/2 cup Raw Whole Almonds chopped
- 1 cup Whole Pitted Dates soaked
- 1 small Gala Apple chopped (approx. 1 cup)
- 1 ripe Banana chopped (approx. 1 cup)
- 1 tsp. Vanilla
- 1/2 cup Maple Syrup
- 1.5 oz 85% Organic Dark Chocolate Bar finely chopped (approx. 1/2 cup)

Directions:

1. Preheat the baking oven to 375 degrees.
2. Place one cup of whole pitted dates into a bowl and add enough water to cover. Soak the dates for a minimum of 30 minutes to soften them.
3. Add the rolled oats to a large mixing bowl and then sift together into the mixing bowl the rice flour, oat flour, tapioca flour, baking soda, sea salt and Mexican cinnamon.
4. Next place the raw walnut halves into a food processor and using the s-blade finely chop. Pour the chopped nuts into the large mixing bowl with the oats and flour. Repeat this step for the raw whole almonds and add to the mixing bowl.
5. Once the dates have finished soaking and are soft, strain the dates from the water saving the liquid. Place the soaked dates into the food processor and purée with the s-blade until completely smooth. Add the chopped gala apple, 2 tablespoons of the water used to soak the dates, the chopped banana and the vanilla to the date purée in the food processor and continue to purée until smooth. Using a spatula, pour the puréed fruit into the large mixing bowl.
6. Add the maple syrup into the large mixing bowl and stir together well with the ingredients. Finally, gently fold into the cookie dough the chopped dark chocolate.
7. Line half-sheet baking trays with parchment paper. Drop one tablespoon of dough per cookie onto the baking tray. Use the back of a spoon to shape the dough into a cookie as this batter will not spread. Bake 6 cookies at a time on the half-sheet trays. Place the cookies into the oven and cook for 10 minutes (cook them for 5 minutes, then turn the tray and cook for another 5 minutes).
8. Remove the cookies from the oven and let cool. These cookies will be soft.

Servings: Makes 18 Cookies

Source and for more healthy food recipes: Danielle Heard, MS, HHC is a Certified Holistic Health Counselor, Natural Whole Foods Chef and Founder of Artemis in the City, LLC a Holistic Nutrition Services Company. Danielle specializes in helping people create a balanced healthy life based on whole foods nutrition. Call 866-330-5421 or visit www.artemisinthecity.com.

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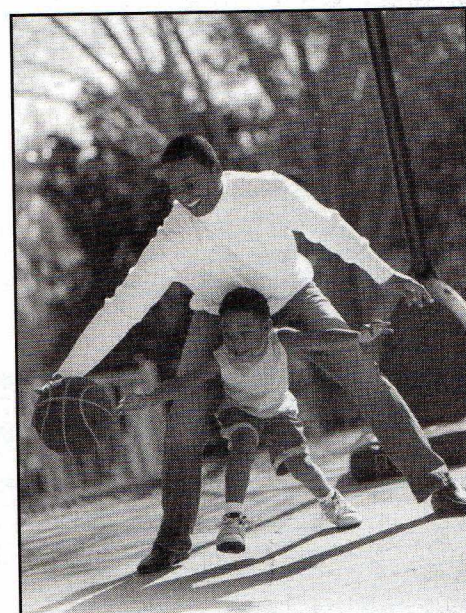
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