

Walnut Maple Cookies

2 ½ cups walnuts, ground
2/3 cup whole wheat flour
1 tsp salt
1/3 cup flaxseed meal
1/3 carob chips
½ cup plus 2 Tbsp maple syrup
2 tsp vanilla

Mix well all ingredients.
Shape into rounds and bake
on sprayed cookie sheet at
350° for 10 - 15 minutes.
Check after 10 minutes to
prevent burning.

Taste This!

Master Gardeners Grow Healthy Communities
September 12, 2017

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