



# Recipes

## Desserts

### Delicious and Easy Thumbprint Cookies

*Prep Time: 10 minutes*

*Cooking Time: 15 minutes*

*Yield: 10 servings*

#### **Ingredients:**

1 cup rolled oats  
1 cup almonds  
1 cup spelt flour  
1/2 cup corn or safflower oil  
1/4 cup maple syrup  
1/4 cup brown rice syrup  
Fruit-sweetened jam of your choice

#### **Directions:**

1. Preheat oven to 350 degrees.
2. Combine oats and almonds in a blender or food processor and blend until they have the consistency of flour.
3. Add to a large bowl with spelt flour.
4. In a small bowl mix together the oil, maple and brown rice syrup.
5. Combine wet and dry ingredients and mix well.
6. Make 1-inch balls with your hands and press flat onto a cookie sheet.
7. Make an indentation with your thumb into the center of each cookie.
8. Fill each cookie with a teaspoon of jam.
9. Bake at 350 for 15 minutes.
10. Cool and enjoy!

#### **Variation:**

Make these cookies without the jam and use as a pie crust, or bake and crumble as a topping for frozen desserts.