

WHEAT FREE ORANGE FIG COOKIES

This cookie is so healthy and tastes great! There is **NO refined SUGAR**, they only use **Whole Grain Barley flour**, **olive oil** is the only fat and they contain ½ cup of **FIGs** and the zest of an **orange** – all incredibly good for you!

Ingredients:

1 1/4 cups of Whole Grain Barley Flour
1/4 Teaspoon salt
3/4 teaspoon baking soda
3/4 cup date sugar (dehydrated granulated dates)
1/6 cup olive oil
1/8 cup of water
1 extra large egg
1/2 cup of chopped figs
1 zest of an orange

Method:

Preheat oven to 350F.

Combine flour, salt and baking soda.

In another bowl combine date sugar, oil, water, grated orange zest and eggs. Beat ingredients by hand for approx. 3 mins or until all lumps are removed. Gradually add flour mixture to this wet mixture, stirring all of the time. Dough will be quite thick. Add chopped figs and mix.

Drop heaped teaspoonfuls (or whatever size cookies you want) onto an oiled cookie sheet and bake for about 15 mins. Remove and cool. Enjoy!