

WHOLE GRAIN SPELT CAROB CHIP COOKIES

There is **NO refined SUGAR**, they only use **Whole Grain Spelt flour**, **olive oil** is the only fat and you can substitute Unsweetened Chocolate Chips for the **Carob Chips** if you prefer.

Ingredients:

1 1/4 cups of Whole Grain Spelt 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 carob chips (or unsweetened or semi-sweet chocolate chips)

Method:

Preheat oven to 350F.

Combine flour, salt and baking soda.

In another bowl combine date sugar, oil, water 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 carob (or choc chips) 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!