

Ayurveda Eggless Oatmeal Cookies

Heaven's Banquet-Miriam Kasin Hospodor

½ Cup Butter--softened

1 ¼ Cups brown sugar

1 Cup whole wheat flour

1 teaspoon baking powder

1 teaspoon ground cinnamon

¾ teaspoon ground ginger

½ teaspoon ground cardamom

¼ teaspoon ground cloves

3 cups rolled oats (instant or regular)

¾ - 1 Cup non dairy milk (soy, almond, rice)

½ cup chopped nuts OR/AND 1 Cup raisins or dates

- 1. Preheat oven to 350*. Butter cookie sheets**
- 2. Cream butter and brown sugar thoroughly.**
- 3. Sift all the dry ingredients (except the oats) together over the butter and sugar.**
- 4. Add the oats and milk. Stir until blended. Add nuts and dates/raisins.**
- 5. Drop by spoonfuls onto cookie sheets about 1 ½ inches apart.**
- 6. Bake until done 12-15 minutes. Cookies will be soft---transfer to a plate for cookies to firm, cool and harden. Yummy.**