

Stevananda's Multigrain Date Cookies

Vegan & Delicious!

Best if made with all organic ingredients.

1/2 cup non-dairy margarine (do not melt)
3/4 cup turbinado sugar
1 cup chopped dried dates
2 teaspoon arrowroot powder
2 tablespoons water
1 teaspoon vanilla
1 1/2 cup spelt flour
1/2 teaspoon baking soda
1/4 teaspoon salt
1 teaspoon cinnamon
1/4 teaspoon nutmeg
3/4 cup plain rolled oats
1/2 cup rolled barley

1. Cream margarine and sugar together in a mixing bowl.
2. Add vanilla, egg replacer mixture (mix the arrowroot and water together in a separate little dish) and the dates.
3. Add the rest of the ingredients in steps- first the flour, then baking soda, salt, oatmeal and barley.
4. Add a dash of soy milk if necessary- the dough should be extremely thick and sticky, but not dry.
5. Dab big spoonfuls onto lightly oiled cookie sheet and bake at 350° F for 15 to 20 minutes.
6. Fill your third chakra with bliss.

Stevananda also does massage:
www.Positive-Massage.com

Stevananda's Chocolate Chip Cookies

Vegan & Delicious!

Best if made with all organic ingredients.

2 cups spelt flour
1 tpsps baking powder
1/2 tsp.salt
1 tsp cinnamon
1 cup vegan chocolate chips
1 cup turbinado sugar
1 teaspoon vanilla
1 cp coconut milk- use the non-non-fat kind
1 teaspoon arrowroot
1/2 cup dried coconut

1. Make sure all ingredients are at room temperature. Preheat oven to 350° F, and while your oven is pre-heating put the cookie sheets on top of the oven so they get preheated as well.
2. Mix flour, baking powder, salt, arrowroot, and cinnamon. Add chips and most of the dried coconut. Make a well in the center and set aside.
3. In a medium size bowl mix sugar, coconut milk, and the vanilla.
4. Mix the wet ingredients into the dry.
5. Dab big spoonfuls onto cookie sheet, sprinkle a little dried coconut on top and bake for 15 to 20 minutes.
6. *Om mani padme om*(the chip in the cookie)

Stevananda also does massage:
www.Positive-Massage.com

Stevananda's Sugar Spud Ginger Cookies

Vegan & Delicious!

Best if made with all organic ingredients.

2 1/2 cup spelt flour
1 cup of steamed and mashed sweet potato
1/2 cup turbinado sugar
1 teaspoon baking powder
2 teaspoons egg replacer
1/2 teaspoon salt
3 tsp cinnamon
1/2 cup agave syrup
1/2 cup oil
10 tsp grated ginger root

1. Mix dry ingredients.
2. Mix in oil, spuds, agave and ginger.
3. Dab big spoonfuls onto cookie sheet and put small slice of sweet potato on top.
4. Bake at 350° F for about 20 minutes.
5. Share the cookie, share the love.

Stevananda also does massage:
www.Positive-Massage.com

Stevananda's Peanut Butter Cookies

Vegan & Delicious!

Best if made with all organic ingredients.

1 cup peanut butter
1 cup turbinado sugar
2 teaspoons arrowroot powder
1/2 cup soymilk
1 teaspoon vanilla
1 1/2 cups spelt flour
1/2 teaspoon baking soda
1/4 teaspoon salt
1 teaspoon cinnamon

1. Mix sugar and peanut butter in a large mixing bowl
2. Add vanilla, egg replacer mixture (mix the arrowroot and soymilk together in a separate little dish). Mix into first bowl.
3. Add the rest of the ingredients in steps- first the flour, then baking soda, salt, and cinnamon.
4. Add a dash of soy milk if necessary- the dough will be extremely thick and sticky, but it shouldn't be dry.
5. Roll big spoonfuls between your hands and smack onto a cookie sheet. Score each cookie with with a fork- this is critical to success. Bake at 350° F for 15 to 20 minutes.
6. Consume, and feel kundalini awaken!

Stevananda also does massage:
www.Positive-Massage.com

Stevananda's Multigrain Date Cookies

Vegan & Delicious!

Best if made with all organic ingredients.

1/2 cup non-dairy margarine (do not melt)
3/4 cup turbinado sugar
1cup chopped dried dates
2 teaspoon arrowroot powder
2 tablespoons water
1 teaspoon vanilla
1 1/2 cup spelt flour
1/2 teaspoon baking soda
1/4 teaspoon salt
1 teaspoon cinnamon
1/4 teaspoon nutmeg
3/4 cup plain rolled oats
1/2 cup rolled barley

1. Cream margarine and sugar together in a mixing bowl.
2. Add vanilla, egg replacer mixture (mix the arrowroot and water together in a separate little dish) and the dates.
3. Add the rest of the ingredients in steps- first the flour, then baking soda, salt, oatmeal and barley.
4. Add a dash of soy milk if necessary- the dough should be extremely thick and sticky, but not dry.
5. Dab big spoonfuls onto lightly oiled cookie sheet and bake at 350° F for 15 to 20 minutes.
6. Fill your third chakra with bliss.

Stevananda also does massage:
www.Positive-Massage.com

Stevananda's Chocolate Chip Cookies

Vegan & Delicious!

Best if made with all organic ingredients.

2 cups spelt flour
1 tpsps baking powder
1/2 tsp.salt
1 teaspoon arrowroot
1 tsp cinnamon
1 cup vegan chocolate chips
1 cup turbinado sugar
1 teaspoon vanilla
1 cp coconut milk- use the non-non-fat kind
1/2 cup dried coconut, most in mix, rest on top

1. Make sure all ingredients are at room temperature. Preheat oven to 350° F, and while your oven is pre-heating put the cookie sheets on top of the oven so they get preheated as well.
2. Mix flour, baking powder, salt, arrowroot, and cinnamon. Add chips and most of the dried coconut. Make a well in the center and set aside.
3. In a medium size bowl mix sugar, coconut milk, and the vanilla.
4. Mix the wet ingredients into the dry.
5. Dab big spoonfuls onto cookie sheet, sprinkle a little dried coconut on top and bake for 15 to 20 minutes.
6. *Om mani padme om*(the chip in the cookie)

Stevananda also does massage:
www.Positive-Massage.com