



Whole Food Plant Based Drop Cookies

This cookie base is whole food, plant based, and uses fresh milled sourdough to incorporate the whole food sweetener with the whole food fat.

Ingredients

- 112 g coconut, butter/manna
- 120 g dates, fresh
- 80 g syrup, date
- 320 g sourdough starter, stiff
- 10 g extract, vanilla
- 6 g baking soda
- 6 g sea salt
- 300 g wheat berries, soft

Directions

1. Preheat oven to 350 F.
2. Mill the flour fine.
3. Cream the coconut butter, dates, date syrup and sourdough starter until smooth and creamy.
4. While that is creaming, mill your grains into fine flour and place in a separate bowl.
5. Add other dry ingredients to the flour and mix together, setting to the side.
6. While the mixer is still mixing, slowly add the "flax egg" mixture until well mixed, followed by your applesauce and extract.
7. Turn off the mixer and add the dry ingredients. Mix on LOW speed and JUST ENOUGH to incorporate the dry ingredients. Do not over mix!
8. Add any mix-ins, if using, mixing on low for 1 to 2 seconds on LOW speed.
9. Scoop the dough into equal portions and bake until the center of the cookie reaches 190 F for chewy cookies or 200 F for crunchy cookies. They will firm up when they cool.
10. Let cool several minutes on a baking sheet, then transfer to a wire rack. Store in an airtight container.

Notes

Variations:

- Sugar cookies: leave out the mix-ins
- Chocolate chip: Mix-in 1 c. date sweetened chocolate chips
- Oatmeal Raisin: Mix-in ½ cup raisins and ½ cup rolled oats
- Peanut Butter: Mix-in 1 cup all natural peanut butter
- Macadamia Nut: Mix-in ½ cup macadamia nuts
- Double Chocolate: Mix in ¼ cup cacao powder and 1 cup of chocolate chips
- Lemon Cookies: Replace vanilla extract with lemon extract, add lemon zest to the dough