

Silica-rich oatmeal cookies!

Ingredients Nutrition

- 3 tablespoons grass-fed butter, ghee or coconut oil, room temperature
 - $\frac{1}{2}$ cup organic sucanat
 - $\frac{1}{4}$ cup rice bran syrup / brown rice syrup
 - 1 egg
 - 1 tablespoon water
 - $\frac{1}{2}$ cup all purpose, gluten-free flour
 - $\frac{1}{2}$ teaspoon salt
 - $\frac{1}{4}$ teaspoon baking soda
 - 1 $\frac{1}{2}$ cups rolled oats (aka oatmeal)
 - chopped dates (optional) or figs (optional) or raisins (optional) or currants (optional) or chopped nuts, etc (optional)
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- Preheat oven to 350 degrees F.
 - Using a mixer with the paddle attachment, mix together the butter or coconut oil, sucanat, syrup, egg and water thoroughly.
 - Sift together the dry ingredients then stir in the oats. Add the dry ingredients to the wet and mix. Add any additional ingredients you've chosen.
 - Drop by heaping teaspoonfuls onto the cookie sheet. Bake 12 to 15 minutes. Cool on a wire rack.