



Pure Cookies | Sprouted, Raw Vegan, Gluten-free: America's favorite cookies recreated with simple whole ingredients.

Amanda Nicole Smith

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Calling all healthy cookie monsters! Let's replace the ingredients to our favorite cookies with pure, simple and whole ingredients. We're replacing flour, refined sugar, butter and eggs with ingredients such as almonds, cashews, buckwheat groats, and dates. You'll find the classics like thin mints, oreos, maple pecan, snickerdoodle, oatmeal raisin, lemon poppyseed and more! My goal was to make a versatile cookie batter that could be used in a variety of different cookies. I wanted options and I especially wanted a raw vegan cookie with crispy outsides and soft insides. Many cookies later, I came up with 3 base recipes that can be used interchangeably in all 12 cookies. That means there are a total of 36 cookies recipes! These cookies can be sprouted, gluten-free and are all raw vegan. However they could be made in the oven like regular cookies as well. The cookie options are limitless with the simple techniques I'm about to show you. Equipment required: Food processor or blender, dehydrator or oven. Have a nut allergy? Alternatives are included in the book. For example almonds and cashews can be replaced with oats and coconut flour.

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