

SAMSSites Recipes

Oatmeal Nut Cookies

Myself

I was once what was called a vegetarian. The term vegan is new. At that time I also tried to eliminate white sugar and white flour from my diet. I took an existing recipe and changed it a lot. I still use it. It is good for those who like honey and wish to eliminate wheat or gluten in their diet.



- 1 1/2 cup of Brown Rice Flour and/or Oat Flour
- 3/4 c honey
- 1 tsp of salt
- 1/2 tsp baking soda
- 1/4 tsp nutmeg
- 3/4 tsp cinnamon
- 1/2 c butter
- 1 egg well beaten
- 1 cup of mashed bananas (2-3)
- 1 3/4 cup of raw oatmeal
- 1 to 1 1/2 cup of chopped nuts (walnuts, pecans, almonds, cashews)



Mix flour, soda, salt, nutmeg, cinnamon. Cut in soft butter. Add honey. Add remaining ingredients. Beat until thoroughly blended. Drop by teaspoonful onto ungreased cookie sheet. Bake at 400 degrees for about 10 minutes until edges are browned edges.