



## **Featured Grain - Spelt Flour from Western Asia and Europe**

### **Maple Walnut Breakfast Cookies**

*Cookies are lightly spiced and high in fiber*

- 1-1/2 cups spelt flour
- 1 teaspoon ground cinnamon
- 1/2 teaspoon baking powder
- 1/4 teaspoon fine salt
- 3 Tablespoons chopped walnuts
- 5 Tablespoons avocado or walnut oil
- 1/3 cup maple syrup
- 1 teaspoon grated orange zest
- 1 large egg, lightly mixed
- 3 Tablespoons currants or chopped raisins
- 2 Tablespoons fine chopped walnuts for topping
- Confectioners' sugar for sprinkling

1. Preheat oven to 375 degrees F. Line a cookie sheet with parchment paper.

2. In a large bowl, stir together spelt flour, cinnamon, baking powder, salt, and 3 Tablespoons fine chopped walnuts.
  3. Add the oil, maple syrup, orange zest; egg and currants; mix until combined into soft cookie dough. Set aside to rest for about 5 minutes.
  4. Shape cookies: Use a 1-1/2 Tablespoons cookie dough scoop, form dough into balls with your hands, place cookie dough balls onto the prepared cookie sheet, leaving about 2 inches between cookies.
  5. Lightly press the top of each cookie. Place about ¼ teaspoon fine chopped walnuts in the center of each cookie.
  6. Bake in preheated oven for 12 minutes or until golden brown edges.
  7. Remove from oven; let rest about 10 minutes. Remove to cooling rack to cool completely.
  8. Sprinkle lightly with confectioners' sugar before serving.
- Yield: about 12 cookies

**About the Recipe:** The cookies have a sweet flavor from maple syrup and orange peel. Everyone loves the hint of cinnamon, crunchy texture of the walnuts, and soft fruity currants. These one-bowl cookies are nutritious, easy to prepare, and a fun breakfast treat..

### **What is Spelt flour?**

Spelt flour, an ancient grain, can be used as a 1-1 substitute for whole wheat flour or all-purpose flour. Spelt adds a nutty lightly sweet flavor and has high amounts of protein, fiber, and important nutrients. It is highly digestible, but It's not a gluten-free flour. It adds a depth of flavor to baked products.