

Happy Cookies

Pampered Chef
Independent Consultant

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Ingredients

2 1/2 cups of coarsely chopped walnuts
1/3 cup ground flax seeds
2/3 cups whole wheat pastry flour
1/4 teaspoon salt
1/2 teaspoon liquid Stevia
1 Tablespoon vanilla
1/2 cup maple syrup + 2 Tablespoons
1/3 cup raisins (optional)

Instructions

- Walnuts should be ground to a course flour consistency.
- Leaving a few chunks is a nice touch.
- Mix dry ingredients together. Mix wet ingredients together
Combine dry and wet ingredients
- Stir together.
- Form into small cookies (they are rich)
- Bake at 350 degrees until a very light brown. Do NOT overbake!!
- The reason these cookies are called "Happy" is because they are rich in Omega-3
- fatty acids which are known to assist in mood management.



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4.9 ★★★★★

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