

## OVERNIGHT COOKIES

Adapted from Health is Your Birthright by Ellen Tart-Jensen

Soak overnight on the counter to break down gluten:

1 cup oat flour

1 cup spelt flour

1 cup sesame seeds

1 cup buttermilk or yoghurt

Mix and add:

1 egg beaten

1 T vanilla

4 T maple syrup

1 cup soft butter

Stir in:

2 cups almonds, chopped

1 cup pecans, chopped

2 cups unsweetened coconut, shredded

2 cups raisens or chocolate chips

Shape into flat circles and bake on a cookie sheet

At 350 degrees for 20 - 30 minutes.