

Wholesome Recipes

from the *Amazing Wheat Book*

by LeArta Moulton



Filled Cookies

Filling:

- 1/2 C water
- 2 C dates, raisins or any softened, chopped, dried fruit
- 1/2 C honey or 3/4 C raw sugar
- 1 C nuts, chopped(optional)

Mix water, dates and honey. Cook on stove 5 min, stirring all the time. Then add the nuts and let cool.

Cookie Dough:

- 1 C vegetable oil
- 1 C each raw sugar and honey
- 2 eggs
- 1/2 C water
- 1 tsp vanilla
- 1/2 tsp salt
- 1 tsp soda
- 1 tsp cinnamon
- 4 C whole wheat flour, or more

Cream:

Oil, sugar, honey, eggs. Add water and vanilla. Mix remaining ingredients together and add to creamed mixture. Place 1 teaspoon dough on cookie sheet. Add 1 teaspoon filling on top of this, then another teaspoon of dough to cover filling. Place 2 inches apart on greased baking sheet. Bake 15 min at 375°.