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Prevent and Protect
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Thumbprint Cookies *Recipe courtesy of Melissa Davidson, MS, RD, CD*

Makes 36 cookies

Ingredients

1 1/2 cups raw almonds, whole
1 1/2 cups whole oats
3/4 cup wheat germ
3/4 cup whole-wheat pastry flour
3/4 cup maple syrup
3/4 cup high-heat oil (safflower, canola)
1/2 tsp sea salt
1 tsp cinnamon
1/2 cup 100% fruit preserves

Directions

Preheat oven to 350°F. Lightly oil standard cookie sheet.

In food processor, grind almonds and oats into a meal. In large bowl, combine almond/oat meal, wheat germ, flour, salt, and cinnamon. In separate bowl, whisk together maple syrup and oil. Add maple syrup and oil to mixture. Mix well.

Form round balls approximately 1.5 inches in diameter and press onto pan to slightly flatten. Fill imprint with preserves. Bake for 12 to 15 minutes until lightly browned.

Nutrient Analysis (for 1 cookie): *Calories: 137; Carbohydrates: 14 g; Fiber: 1.7 g; Total Fat: 8 g; Cholesterol: 0 mg; Saturated Fat: 0.5 g; Sodium: 33 mg; Protein: 3 g*