

NO-BAKE
THUMBPRINT COOKIES



FROM GOING VEGAN
BY JONI MARIE NEWMAN
& GERRIE LYNN ADAMS

No-Bake Thumbprint Cookies ▶

- * Soy free
 - * Gluten free
 - * No added oil
 - * No added salt
 - * No added sugar
- * Quick and easy
Yield: About 2 dozen cookies

Gerrie made this version of these cookies, which are inspired by a Whole Foods Market recipe that was inspired by a recipe from Dr. Joel Fuhrman, author of *Eat for Health, Eat to Live*, and *The End of Diabetes*. They're easy to make, great for holidays, and absolutely delicious. Try a variety of different preserves each time you make them.

¾ cup (110 g) pitted dates
Hot water
3 cups (245 g) rolled oats
1½ cups (375 g) creamy almond butter or peanut butter
½ cup (40 g) shredded coconut
Zest of 1 orange
Juice of 1 orange
½ teaspoon ground cinnamon
¼ teaspoon salt
¾ cup (240 g) cherry or apricot fruit preserves

Line a rimmed baking sheet with parchment paper or reusable silicon baking mat.

Place dates in a medium bowl. Add hot water to bowl until it just covers dates. Set bowl aside 10 to 15 minutes to let dates become soft.

Meanwhile, in a food processor or blender, pulse oats until coarsely ground. Transfer to a large bowl and set aside.

Take dates and half of the soaking liquid and place in blender. Purée until smooth. (If dates are not blending easily, add more soaking water until it blends easily.)

Add blended dates, almond butter, coconut, orange zest, orange juice, cinnamon, and salt to bowl with oats. Knead together to make a dough.

Take a small amount of dough and roll it into a ball. Place ball onto baking sheet. Continued until you have rolled all of the dough.

Make an indentation with your thumb in the middle of each dough ball to slightly flatten out the dough and leave a well in the middle. Spoon a bit of the fruit preserve into each indentation and chill at least 1 hour before serving.