Instant in-the-Freezer Cookies

(-From "Secret Spoonfuls-Confessions of a Sneaky Mom" CD booklet)

I like this cookie recipe because there is no need to soak the flour. (All grains need to be soaked in lacto-fermented fashion.) Arrowroot is not a grain so there's no problem with allergies. It is naturally white, too! From this one cookie dough many variations can be formulated. I freeze rolled dough and when in a pinch, I can cut them to size still frozen and pop in the oven. Sometimes I add ingredients to the frozen dough such as walnuts and raisins.

Have your ingredients at room temperature. Preheat oven to 375 degrees.

Blend 4 sticks of unsalted butter

1 ½-2 cups of Rapidura (Whole can sugar available at health food stores)

1 tsp Celtic salt (Whole salt)

4 tsp vanilla

Add 3 eggs

Reduce speed on blender

Slowly add 5 cups of arrowroot powder or flour

Divide the dough in 4 separate sections and choose your flavors

For Ginger Cookies– Add 1-2 Tbsp fresh ginger

For Tahini Cookies– Add ¼- ½ cup tahini butter (or peanut

butter)

For Dried Fruit & Nut Cookies– Add ½ cup walnuts and ½ cup raisins. These are good with ¼ tsp allspice, 1/8 tsp of gloves, ½ tsp of cinnamon, ¼ tsp nutmeg and ½ tsp of ginger.

For Lemon Cookies– Add 1 tsp grated lemon peel. Scrub before grating.

For Orange Cookies– Do the same as above, substituting orange peel for lemon

For Coconut Cookies– Add 1 cup of finely chopped or flaked coconut

For Seed Cookies- (Sesame or Poppy) Add 4 Tbsp of your own seed of choice

Chocolate Chip Cookies-Add shards of organic chocolate bar

Lay each section in waxed paper and roll into a dough roll. Wrap and place in the freezer. They'll remain fresh in the freezer for 2 months. When it is time to bake, preheat the oven to 375 degrees, unwrap the roll and cut into ½ inch rounds. Place on cookie sheets approximately 1 inch apart and bake for 6-8 minutes.

Transfer the cookies to a cookie rack, cool before eating. They store well in a cookie tin or jar.