



UNCOOKED: RAW OATMEAL RAISIN COOKIES

Ingredients

- 1 cup raw oats (quick oats or steel cut oats will work, but they are not technically raw)
- 1 teaspoon ground cinnamon
- ½ cup Medjool dates, pitted, packed
- ½ cup raisins

Preparation

1. Combine oats and cinnamon in food processor and pulse until you get small pieces.
2. Add dates and pulse well. You should have a thick/dense paste.
3. Add raisins and pulse a few times to just blend it.
4. You can shape the dough into flat discs by forming a ball and pressing it. You can also use cookie cutters to shape them by pressing dough in them. A third of an inch, I find, is a good thickness for this cookie. Place on a parchment lined sheet tray.

Serve immediately. Can be stored in a sealed container or bag. These will keep at room temperature for a week, or in the refrigerator or freezer for much longer, just be sure to thaw for 15 minutes before serving.

Note: The 'dough' is very sticky because of the dates.

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This recipe was adapted from Ani Phyto's book, "Ani's Raw Food Desserts" (2009) and was featured on Gourmeted.com in January 18, 2010:

<http://gourmeted.com/2010/01/18/oatmeal-raisin-cookies-raw/>

Please email us at gourmeted@gmail.com if you have questions. Enjoy and happy eating!