

Fun with FOREST Food: Acorn cookies!



Ingredients:

2 cups whole wheat flour	1 cup acorn flour*
1 tsp baking soda	1 tsp salt
1 cup brown sugar	1/2 cup shortening
1 tsp vanilla	1/4 cup maple syrup
1/4 cup apple sauce	1/8 cup oil

1. Combine flours, baking powder, and salt.
2. In a large bowl, cream the shortening and the sugar. Add the vanilla, maple syrup, apple sauce, and oil.
3. Gradually blend the dry ingredients into the wet ingredients.
4. Pinch off walnut-sized pieces of dough and roll into balls. Place 1.5" apart on a lightly greased baking sheet.
5. Bake at 350° F for 10-12 minutes (10 minutes for a softer cookie), or until lightly colored.

Makes about 40 cookies.



Recipe adapted from Grandpappy's acorn cookie recipe found at <http://www.grandpappy.info/racorns.htm>

*Acorn flour can be purchased online from Sue's Acorn Cafe and Mill at <http://buyacornflour.com/product.php>



Brought to you by

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