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# Pure Cookies | Sprouted, Raw Vegan & Gluten-free: Americas Favorite Cookies Recreated With Simple Whole Ingredients.

*Pure*Cookies

Sprouted | Raw Vegan | Gluten Free



America's favorite cookies recreated with simple whole ingredients.

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## Synopsis

Calling all healthy cookie monsters! Let's replace the ingredients to our favorite cookies with pure, simple and whole ingredients. We're replacing flour, refined sugar, butter and eggs with ingredients such as almonds, cashews, buckwheat groats, and dates. You'll find the classics like thin mints, oreos, maple pecan, snickerdoodle, oatmeal raisin, lemon poppyseed and more! My goal was to make a versatile cookie batter that could be used in a variety of different cookies. I wanted options and I especially wanted a raw vegan cookie with crispy outsides and soft insides. Many cookies later, I came up with 3 base recipes that can be used interchangeably in all 12 cookies. That means there are a total of 36 cookies recipes! These cookies can be sprouted, gluten-free and are all raw vegan. However they could be made in the oven like regular cookies as well. The cookie options are limitless with the simple techniques I'm about to show you. Equipment required: Food processor or blender, dehydrator or oven. Have a nut allergy? Alternatives are included in the book. For example almonds and cashews can be replaced with oats and coconut flour.

## Book Information

File Size: 31256 KB

Print Length: 36 pages

Simultaneous Device Usage: Unlimited

Publication Date: October 8, 2015

Sold by: Â Digital Services LLC

Language: English

ASIN: B01608N6AG

Text-to-Speech: Not enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #472,215 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #70

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it's a bit stretching it to ask for \$14 for this super thin little book. I gave it as part of a gift so could not

return it.

Very good, creative, healthy and well presented.

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