

Honey Orange Cookies

<u>Ingredients</u>	<u>Preparation</u>
1 ½ cups all-purpose flour ⅔ cup unsalted butter ½ cup quick oats ½ cup honey ¼ cup sesame seeds 1 cup chopped dried apricots ¼ cup coconut ¼ cup orange juice 1 egg 1 tablespoon fresh grated orange peel (Ju Pi) 1 teaspoon vanilla extract ½ teaspoon salt ½ teaspoon baking soda	Step 1: Preheat oven to 350 degrees F. Step 2: In a medium bowl, whisk together the flour, oats, sesame seeds, coconut, salt, and baking soda; set aside. Step 3: In a large bowl, with an electric mixer set on medium-high speed cream butter for 30 seconds. Step 4: Combine honey, orange juice, egg, orange peel, apricots and vanilla extract; beat well. Step 5: Gradually beat in flour mixture, until just combined. Step 6: Drop rounded teaspoonfuls onto un-greased cookie sheets 2 inches apart. Step 7: Bake for 9-12 minutes or until edges are lightly brown. Transfer cookies to a cooling surface.

By Scott Livingstone, TCM student

Assists appetite, lubricates dryness, produces fluids
