

Dr Eleni's Biscuits for Joy



Made of good, healthy ingredients, such as wholemeal spelt flour, organic butter or coconut oil and brown sugar or jaggery.

The three added spices [cinnamon, nutmeg and clove] give a special taste and smell, designed to:

- Open up the senses
- Calm the mind
- Bring joy to the heart

Makes 20 - 24 biscuits

Ingredients

- 1/2 cup softened butter [or coconut oil]
- 1/2 cup sugar
- 1 egg
- 2 cups flour [spelt, whole wheat]
- 1 tsp baking soda
- 1/2 tsp salt
- 1 tsp ground cinnamon
- 1 tsp ground nutmeg
- 1/4 tsp ground cloves
- Walnuts

Method

Cream together the butter [or coconut oil], sugar and the egg.

In separate bowl, mix together the flour, baking soda, salt, cinnamon, nutmeg and ground cloves.

Make a well in the middle of the dry ingredients. Pour the liquid ingredients into the well and mix into dry ingredients.

Chill in refrigerator to cool, to make it easier to work with [optional].

Form the mix into walnut sized balls and put half a walnut on top and pace them onto a greased and floured cookie sheet.

Bake at 180 °C [Gas mark 4] for 12-15 minutes