

## **Honey Oatmeal Cookies**

(Inspired by Grandma Lura (Winkleman) Everist Warnock's recipe.  
Revised a bit by her great granddaughter Tamra (Fulkerson) Spoto.  
2008 Recipe- This is a doubled recipe (most substitutions work fine for  
this recipe, so after cooking half of the dough I always experiment with the rest.  
Adding a ripe banana taste good too).

**In a small saucepan put:**

**2 cup Raisins**

**1/2 cup water**

**Bring to a boil, cover and boil for about one minute, then take pan off heat and set aside.**

**In a large bowl put:**

**4 Tablespoons butter**

**1/2 cup honey**

**4 Tablespoons Blackstrap Molasses**

**3 cups of whole-wheat pastry flour**

**1/2 teaspoon salt**

**1 cup Shredded Carrots**

**1/2 cup Shredded Yellow squash or Zucchini**

**3/4 cup Chopped Almonds**

**3/4cup Chopped Walnuts**

**1/2 cup ground Flax seed**

**1 cup Shredded dried Coconut**

**1 tsp grated fresh ginger (or 1/2 tsp dried Ginger powder)**

**4 cups oatmeal**

**Then in a small bowl put:**

**2-tablespoon fresh squeezed lemon juice**

**2-teaspoon baking soda (This important step will make the mixture fizz)**

**Then add almond milk and stir**

**(Almond milk :1/3 cup almonds and 1/3 cup of cooked raisins and 2 cups of water in a blender. Blend until almonds are very fine.)**

**1-teaspoon vanilla**

**Add almond milk mixture and the cooked raisins to the oatmeal mixture.**

**Mix until blended. Use a tablespoon to drop dough on a non-stick un-greased cookie sheet and sprinkle with a bit of shredded coconut and cook for about 7 to 10 minutes (this time varies by size of cookies and oven) (cook one pan at a time). I check by feeling top of cookie. When they just start to feel slightly firm, they are done. You can even take one off the cookie sheet to test. Yum! When they are done, remove from pan and place on a cooling rack. These cookies dry out quickly so as soon as they are cool (if there are any left), I put the extras in a freezer bag and toss them in the freezer for later. Hope you enjoy them as much as Paul and I do. Tamra 2008**