



# BUTTER COOKIES



The following recipe is a quadruple batch...the original only makes 12 cookies and that's just too much work for 12 itty bitty cookies! PS-they freeze beautifully!

- 1 cup (2 sticks) butter
- 3 cups spelt or whole wheat pastry flour
- 6 Tbs kefir, whey, buttermilk or yogurt
- 1 cup organic sugar
- 2 tsp vanilla extract
- 1/4 tsp salt
- Mixing bowl (or stand mixer)
- Blender (with dry blade canister) - optional
- Spoon
- Cookie scoop - optional
- Parchment Paper
- Cookie Sheet

Frosting - 1 cup butter - 4 Tbs maple syrup - 2 tsp vanilla extract

Spelt or whole wheat pastry flour (flour made from soft white wheat berries) works best for this recipe because it has a softer texture than other whole grain flours.

Step 1: Put the butter in a mixing bowl, put the bowl in a warm oven until the butter is soft.

Step 2: If using a grain mill (or high powered dry blade blender) to make fresh flour, grind 2 cups spelt or soft white wheat berries to make 3 cups flour.


Step 3: Add the flour and cultured milk to the melted butter. Mix together with a spoon. Cover the bowl with a towel or plate and leave in a warm place for 8-24 hours.

Step 4: Add the organic sugar, vanilla and salt to the soaked dough and mix together.

Step 5: Using your spoon (or cookie scoop\*) drop dough by spoonfuls on buttered cookie sheet (we line ours with parchment paper because it is not stainless steel).


Step 6: Bake at 350 for 15 minutes or until edges of cookies are golden brown. Let cool completely.

Step 7: Frost cookies\*\*, arrange on plate and enjoy! (Perfect accompaniment to a hot Dandy Blend Latte!)



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