

LIVING THE SEASONS

Cookies of Joy

ST. HILDEGARD'S RECIPES

RECIPE Cookies of Joy

COOKING TIME: 1 hour 30 min

INGREDIENTS

1/2 tbsp raw butter

3/4 cup brown sugar

1/3 cup honey

4 egg yolks

2 1/2 cups spelt flour

1 tsp. Sea Salt

joy spices:

1 tbsp. nutmeg

1 tbsp. cinnamon

1 tsp cloves

flour for dusting



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INSTRUCTIONS

Melt the butter over low heat in a small saucepan. Transfer butter to a medium bowl, then slowly add sugar, honey, and egg yolks, beating lightly. Fold in the rest of the ingredients, gently. Refrigerate the dough for an hour.

Lightly flour a surface and then roll out the cookie dough until about 1/4 in. thick. Cut the dough into small circles using a cookie cutter or drinking glass. Line a baking sheet with parchment paper, place the cookies on top, and then bake at 375°F for 10 minutes until golden-brown. Let cool, then enjoy.