

Recipe from Food Babe Kitchen

HOMEMADE FIG NEWTONS

Have you seen the ingredients in traditional Fig Newtons? They are horrendous! But I am happy to say you can make this childhood treat at home with all the good ingredients. These are chewy and satisfying.

Makes 18 to 20 cookies

Prep Time: 15 minutes

Cook Time: 18 minutes

1 cup roughly chopped dried figs,
stems removed

1 tablespoon raw honey

1 teaspoon grated orange zest

6 tablespoons unsalted butter,
softened

½ cup coconut sugar

1 large egg

1 teaspoon vanilla extract

1½ cups whole wheat pastry flour



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Preheat the oven to 350°F.

Soak the figs in enough hot water to cover for 10 to 12 minutes.

Drain and transfer the figs to a food processor. Add the honey and orange zest and pulse until pureed. Set aside.

Cream the butter and sugar together using a stand mixer. Add the egg and vanilla and mix until combined. Slowly add the flour and mix until a soft dough forms. Wrap the dough in plastic and chill 20 minutes.

Divide the dough in half; press each half into a narrow rectangle. Roll out each half on a sheet of parchment to a 12 x 4-inch rectangle, dusting with flour if necessary to keep from sticking.

Spread half the fig mixture in a long strip down one long side of each rectangle, leaving a ½-inch clean border. Fold the dough on top of itself and seal the edges.

Cut each log of dough crosswise into 8 to 10 cookies and place on a parchment-lined baking sheet. Bake for 15 to 18 minutes, or until golden brown. Cool, then store in an airtight container.

