



# 2021 COOKIE WALK RECIPES



## COOKIE WALK RECIPE

The Cookie Walk Is coming up in December 18<sup>th</sup>. Every week will share a cookie recipe that you can try at home. Our hope is that you will find several recipes that you like which you can bake and freeze beforehand. Proceeds from the Cookie Walk support the Little Cupboard and the Choir's tour fund.

## Cookies of Joy

### Cookie Description:

From Physica: "Take some nutmeg and an equal weight of cinnamon and a bit of cloves, and pulverize them. Then make small cakes with this and flour and water. Eat them often. It will calm all bitterness of the heart and mind, open your heart and impaired senses, and make your mind cheerful. It purifies your senses and diminishes all harmful humors in you. It gives good liquid to your blood and makes you strong."

### Ingredients

- 12 tablespoons butter
- 3/4 cup brown sugar
- 1/3 cup raw honey
- 4 egg yolks
- 2 1/2 cups spelt flour (you can usually find it in the baking aisle or the gluten-free aisle)
- 1 teaspoon salt
- 1 tablespoon nutmeg
- 1 tablespoon cinnamon
- 1 teaspoon cloves

### Instructions

Melt the butter, then add it to a medium bowl with the sugar, honey, and egg yolks. Beat gently, then fold in the rest of the ingredients. Refrigerate the dough for an hour.

Flour a surface and then roll out the cookie dough until about a 1/4 inch thick. Cut the dough into small circles using a cookie cutter or an upturned glass.

Line a baking sheet with parchment paper, then bake at 375 degrees Fahrenheit for 10 minutes, or until a golden-brown. Let cool, then enjoy.

## NOTES

