



**GENESIS**  
-HEALTH REVOLUTION-

# ← *Recipe Card* →

## Almond Jewels

### INGREDIENTS:

- 1 1/4 Cup Rolled Oats
- 2 TBS Arrowroot Powder
- 1 tsp Salt
- 1/2 Cup Honey
- 1 tsp Baking Powder ( Aluminum free) or 1 TBS ENER-G —Baking Soda
- 2 Cup Raw Almonds
- 1/2 Cup Applesauce ( Unsweetened )
- 1/4 Cup Water
- 2 tsp Vanilla

### DIRECTIONS:

1. Place oats, arrowroot powder, salt, baking soda, and 1 cup of the almonds in a food processor and blend for 1 minute, or until nuts are as fine as the flour. Add remaining cup of almonds and blend for about 10 seconds.

**NOTE:**

(The second cup of added almonds should be ground to a coarse meal about the texture of whole wheat berries.)

2. Remove to a mixing bowl and stir in the remaining ingredients

3. Spoon onto a cookie sheet (or use a small ice-cream scoop). Make a thumb or indentation in the center of each cookie and fill each depression with fruit jam.

4. Bake at 350°F for about 15 minutes.

5. Remove when the bottoms are just beginning to brown.

6. Cool on a rack.



