﻿On 11/13/22, 8:47 AM, "Marcella Anderson" <marcy\_me@me.com> wrote:

 The Good Cookie Recipe

 Makes 32 cookies

 Doubles well for 64 cookies

 Ingredients-

 140g Energy Cookie Base

 140g Whole wheat flour

 (Can be all purpose, bread or pastry flour)

 1tsp Cinnamon

 1/2 tsp Nutmeg

 1/2 tsp Ginger

 1/4 tsp Allspice

 1/2 tsp Baking Powder

 120g of reduced Applesauce (start with 240g of applesauce and cook down about by half, use 120g)

 100g Brown sugar

 35g Softened Butter

 1 Egg

 50g Honey

 1tsp Vanilla

 60g Flaked or Shredded Coconut for the dough

 55g Pecan halves and pieces for the dough

 In addition save 32-36 pecan halves to place on top of the cookies

 For rolling / topping-

 Approximately 1/2 c Turbinado sugar

 1/4-1/2 c toasted coconut

 Instructions-

 To start-

 prepare the applesauce and toast the coconut and pecans.

 Toast 1 cup of coconut for 2-3 minutes at 325 degrees

 Toast the pecans for 5-6 minutes at 325 degrees

 When cool, chop pecans finely by hand or in food processor

 Put 240g (about 1.5 cups) of applesauce in a saucepan and cook down by about half this can take 5-10 minutes, let this cool

 You will use 120g of the reduced applesauce

 For the wet mixture -

 Cream butter and brown sugar

 Add 1 egg

 Add 120g of applesauce cooled to room temperature

 Add 50g honey

 Add 1 tsp Vanilla

 Add 60g coconut

 Add 55g finely chopped toasted pecans

 For the dry mixture-

 In a large bowl mix the energy cookie base, flour, spices and baking soda.

 Add the wet mix to the dry mix and combine until well mixed. This can be done by hand.

 Chill dough for at least a few hours.

 Scoop out 16-20g and roll into a ball.

 These will roll out nicely cold or at room temperature and shouldn’t be sticky!

 Roll in a 1:1 mixture of toasted coconut and coarse sugar.

 Place a pecan half on top and flatten.

 Bake for 9-10 minutes at 375 degrees.

 These will be about 1.75 inch cookies. 8-10 will fit in a Community Loaves box. They may not all lie flat, but they are sturdy so can overlap without any problems.

 These can be frozen, but actually last for several days. The spice flavors improve with time, so making a few days before serving is fine.

 Variations!

 Almonds can be used instead of pecans.

 If toasting is difficult, pecans and coconut will work. Half toasted and half un-toasted coconut is an option.

 Other fruit or squash can be substituted for the applesauce.

 Using dried figs soaked in water and apple juice then cooked up to the consistency of applesauce made a tasty cookie.

 Baked Delicata and butternut squash as a 1:1 substitution for applesauce also worked well!