

# Almond-Chocolate Truffles

Servings 24

## Ingredients

1/3 cup chopped and pitted soft dates  
1/3 cup raw cashews, soaked in hot water for 3 hours and then drained  
3 tablespoons almond butter  
1/2 cup unsweetened cocoa powder  
1/4 cup date sugar (can substitute brown sugar)  
1 teaspoon vanilla extract  
Ground almonds for coating

## Instructions

Combine the dates and cashews in a food processor and process to a paste.

Add the almond butter and process to combine. Add the cocoa powder, date sugar, vanilla and 1 teaspoon of water. Pulse until well combined.

Pinch some of the mixture between your fingers to see whether it holds together.

If it's too dry, add a little more water, 1 teaspoon at a time, until the mixture can be shaped into balls.

If the mixture is too soft, refrigerate it for 20 minutes or longer to firm up. If it's still too soft, add a little more cocoa powder, 1 teaspoon at a time.

Use your hands to shape and roll a small amount of the mixture into a 1-inch ball and transfer to a plate.

Repeat until all the mixture has been rolled into balls.

Place the ground almonds in a shallow bowl. Roll the truffles in the almonds until they're coated, pressing on them if needed to cover completely.

Transfer the coated truffles to a plate and refrigerate until firm before serving.

## Recipe Notes

*Note:* If your dates are not soft, soak them in hot water for 20 minutes; then drain and pat dry before using.

From: *The How Not To Die Cookbook*, by Michael Greger, M.D. & Gene Stone

# Peanut Butter and Jelly Cookies

Makes 20 to 24 cookies

## Ingredients

1 cup whole wheat flour  
1/2 teaspoon baking powder  
1/8 teaspoon sea salt  
1/3 cup creamy peanut butter  
1/3 cup maple syrup  
1/4 cup unsweetened applesauce (See note)  
1 teaspoon vanilla  
3 tablespoons nondairy milk  
1/3 cup raspberry, strawberry or blueberry preserves or jam

## Instructions

Preheat the oven to 375 degrees. Line a large cookie sheet with parchment paper. Put the flour, baking powder and sea salt into a medium bowl and stir with a dry whisk to combine.

Mix the peanut butter, maple syrup, applesauce, vanilla and nondairy milk in a separate bowl; add to the flour mixture and stir until well combined.

For each cookie, take a heaping tablespoon of dough and roll it into a ball. (A cookie scoop is really handy). Place each cookie onto the prepared cookie sheet and press with your thumb, making an indentation in the center of each cookie. Fill the indentation with a heaping 1/2 teaspoon of preserves.

Bake for 16 to 18 minutes or until the edges are golden brown.

Put the baking sheet on a wire rack. Let the cookies cool on the baking sheets for 15 minutes before transferring to a serving platter to further cool. Stored in an airtight container in the refrigerator, the cookies will keep for at least 3 days.

*Note:* The addition of applesauce is not necessary but makes for a moister cookie.

From: *The China Study All-Star Collection*, edited by Leanne Campbell, PhD.

# Happy Walnut Cookies

Makes around 2 dozen cookies

## Ingredients

2/3 cup whole wheat pastry flour or other kind of flour

1/3 cup ground flax seeds

1 teaspoon salt

2 1/2 cups chopped walnuts

1/2 cup maple syrup

2 teaspoons vanilla extract

## Instructions

Preheat oven to 350 degrees.

In a medium bowl combine the flour, ground flax seeds and salt.

Add and mix in the walnuts. Then add to the mixture the maple syrup and vanilla.

Mix well and drop by tablespoonfuls onto parchment paper lined cookie sheets. Press down slightly with a wet fork.

Bake for 14 minutes. Cool and store. These cookies keep great in the freezer.

Adaptation of a recipe from Dr. Neal Nedley, of the Weimar Institute.