



Breakfast Cookies

$\frac{3}{4}$ cup rye flour
 $\frac{3}{4}$ cup wheat flour (unbleached)
8 cups rolled oats
 $\frac{3}{4}$ cup succanat (or brown sugar if allowed)

500g butter

1 tsp cinnamon
 $1\frac{1}{2}$ cups chopped dates
1 cup chopped dried apricots
1 cup sunflower seeds
 $\frac{1}{2}$ cup sesame seeds
 $\frac{1}{2}$ cup pumpkin seeds

250ml sunflower oil
1 tsp salt
 $\frac{2}{3}$ cup tahini
2-3 eggs
 $\frac{1}{2}$ cup molasses

Combine the rye flour, oats and sugar in a bowl. Lightly rub in the butter, making a breadcrumb-like mixture. Stir in the seeds, cinnamon, salt and chopped dates and apricots. Now bind together with the tahini, oil, molasses and eggs. Mix thoroughly.

Press some of the mixture together in the palm of your hand, forming 2-3 inch flattened rounds. They can be about $\frac{1}{4}$ inch thick in the middle, but not much more or they won't cook evenly. Place the cookies a little apart from each other on a prepared baking tray. Cook for 15-25 minutes in a moderate oven (350 degrees F). when ready, they will be dry on top but feel slightly soft if pressed. Should be crisp when cool. This mixture makes 40-50 cookies, which can be frozen until you need them.