

“Healthy” Homemade Oreo Cookies

Ingredients

- $\frac{3}{4}$ cup white, oat, or spelt flour
- $\frac{1}{4}$ cup + 2 tbs dutch cocoa powder - regular cocoa is fine; they just won't taste as authentic
- $\frac{1}{4}$ cup + 2 tbs unrefined or regular sugar
- $\frac{1}{4}$ tsp salt
- $\frac{1}{4}$ tsp baking soda
- 1 tsp pure vanilla extract
- $\frac{1}{4}$ cup coconut oil
- 3 tbs milk
- 2 tbs pure maple syrup or honey

Instructions

For the Oreo filling, beat together $\frac{1}{2}$ cup powdered sugar or sugar free powdered sugar, $\frac{1}{2}$ tsp pure vanilla extract, and $\frac{1}{4}$ cup melted coconut butter, either with beaters or a food processor, or patiently by hand, until completely smooth.

For the Oreos, combine first 5 cookie ingredients, and stir *very* well. In a separate bowl, combine remaining ingredients for the cookies. Mix wet into dry to form a dough, then refrigerate 30 minutes before baking. Preheat oven to 300° F. Put dough in a plastic bag, and smush into one big ball. Remove from bag, roll into a thin dough, and cut flat circles using a circle cutter or a circle-shaped lid. Bake on a greased cookie tray for 10 minutes; they'll still look a little underdone when they come out of the oven, but that's okay. It's important to allow them to cool 10 minutes before removing from the tray, as they firm up during this time. Put about a teaspoon on half of the cookie discs, then top each with remaining cookie discs and refrigerate to set. Store in the fridge so the filling stays hard.

Healthy Cream Cheese Frosting

- $\frac{1}{2}$ cup cream cheese
- $\frac{1}{2}$ tsp pure vanilla extract
- 4 tbs powdered sugar
- $\frac{1}{4}$ cup more cream cheese
- up to 2 tbsp milk of choice, as needed for desired thickness

Blend everything together in a small food processor. If you're using this recipe to top cupcakes, I'd recommend frosting them just before serving, or frosting earlier and then storing the cupcakes in the fridge, due to the meltable nature of these ingredients. Leftover frosting can be stored for a few days in the fridge, covered. Variation ideas: Add pumpkin, or shredded carrot and pineapple for a carrot cake dip, or cinnamon and walnuts... (makes about $\frac{3}{4}$ cup)