

Yogi chai biscuits

- 1 Cup Organic whole Spelt flour (can substitute with wheat)
- 1 Cup Organic white Spelt flour (can substitute with wheat)
- 2 Tbls. arrowroot powder
- 1/2 Cup Pure Maple Syrup, 1/2 cup ghee (can substitute butter)
- 1/2 tsp. vanilla extract
- 1 tsp. Cardamom, freshly ground, coarse
- 1/2 tsp. ginger powder 1/2 tsp. cinnamon powder
- 1/4 tsp. Nutmeg, freshly ground & small pinch of salt

Preheat oven to 375 degrees.

Combine ghee, maple syrup and vanilla extract in large bowl and mix.

Combine flour, arrowroot powder and spices in smaller bowl and mix.

Add dry ingredients to wet and mix by hand until firm and well blended.

Roll into small (3/4 inch) balls and press into cookie sheet.

Bake for about 14 min. at 375° or until bottom is golden brown.

Offer up to the Divine. Eat a few warm.

Let rest cool thoroughly for best dipping.

