

Makes 30 cookies

INGREDIENTS

$\frac{3}{4}$ cup (180ml) **Eatmore Sprouts Mixed Bean Sprouts**
(approx. 1 package)

$\frac{1}{2}$ cup (125ml) unsalted butter,
softened

$\frac{1}{3}$ cup (80ml) almond butter

$\frac{3}{4}$ cup (180ml) brown sugar, packed*

$\frac{1}{2}$ cup (125ml) dates

2 tbsp. (30ml) maple syrup

2 large eggs

1 tsp. (5ml) vanilla

1 cup (250ml) flour

$\frac{1}{2}$ cup (125ml) oats

1 tsp. (5ml) cinnamon

$\frac{1}{2}$ tsp. (25ml) baking soda

$\frac{1}{2}$ tsp. (25ml) salt

$\frac{1}{2}$ cup (125ml) currants, raisins or
chocolate chips

*sugar can be substituted with $\frac{1}{2}$ cup (125ml)
plus 1 tbsp. (15ml) honey, and add a pinch extra
of baking soda to neutralize the acidity.

Almond Cookies with Mixed Bean Sprouts

vegetarian

- In the bowl of a stand mixer fitted with the paddle attachment, beat the butter, almond butter and sugar on medium-high speed for 4-5 minutes (until smooth and fluffy).
- In a food processor, purée **Mixed Bean Sprouts**, dates and maple syrup into a paste.
- Add paste to the creamed butter and beat on medium speed for 3 minutes (until completely smooth).
- Mix in eggs, one at a time, and vanilla.
- Separately, combine flour, oats, baking soda, cinnamon and salt.
- Slowly add the flour mixture and the mix until combined.
- Stir in the currants and chill for a minimum of 2 hours or overnight.
- Preheat oven to 350F (175C). Line cookie sheets with parchment paper. Drop heaping spoons of dough, about 2 inches apart, onto the prepared pans.
- Bake until golden around the edges (10-12 minutes).
- Remove cookies from the oven and cool for 10 minutes before transferring to a rack to cool completely.



Eatmore Sprouts & Greens can be found in the produce
section of your local grocery store or at www.eatmoresprouts.com