

Cinnamon Bun Cookies

By Amy Symington, *The Long Table Cookbook: Plant-based Recipes for Optimal Health*
 Servings: 24



Photo by Darren Kemper

Ingredients	Quantity	Measure
Coconut oil	1	cup
Maple syrup	½	cup
Vanilla	1	tsp
Spelt flour	2 ½	cups
Ground flaxseed	2	tbsp
Salt	½	tsp
Cinnamon filling		
Coconut oil	3	tbsp
Spelt flour	2	tbsp
Cinnamon	1	tbsp
Maple syrup	2	tsp
Vanilla	1	tsp
Cashew cream icing		
Cashews	1	cup
Water	¼	cup
Maple syrup	3	tbsp
Coconut oil	2	tbsp
Vanilla extract	1	tsp



Cinnamon Bun Cookies (Cont'd)

Preparation

1. Preheat oven to 375F (190C) and line 2 baking sheets with parchment paper.
2. In a medium bowl using a hand mixer combine coconut oil, maple syrup, and vanilla. Mix until fully combined, about 2 minutes.
3. Next, in a large bowl whisk together flour, flaxseed and salt. Using the hand mixer, slowly mix the wet ingredients into the dry.
4. Transfer the dough onto a flat, dry and floured surface. Using a rolling pin, roll out the dough to a 12" x 12" square.
5. Next, in a small bowl, whisk together the cinnamon filling. Using an offset spatula, evenly spread the filling on to the dough covering the entire surface all the way to the edges. Roll the dough into a tight log, wrap in parchment paper and place into the freezer for 20 minutes, until the dough is firm and sliceable.
6. Once the dough is firm, slice the log into 24 even cookies and place on to baking sheets.
7. Bake for 12 minutes or until cookies are golden brown. Remove from oven and allow to cool on a cooling rack.
8. Meanwhile in a food processor add all icing ingredients. Process until smooth and drizzle over cookies.

Tips:

- 1) If you plan to package these cookies, allow the icing to set beforehand. Alternatively you can package the cookies and icing separately and ice the cookies prior to eating/service.

