

# Raw, Vegan Owl Cookies



## Ingredients:

- 1 cup shredded coconut
- 1/3 cup flax seeds
- 1/3 cup sprouted buckwheat
- 1/4 cup poppy seeds

Place all ingredients in a high speed blender and process into a fine flour.

- 1/2 cup soft dates
- 1 heaped tbsp coconut oil, on room temperature
- 2 tbsp cacao powder
- 1/4 cup freshly squeezed orange juice
- 1 small beetroot, peeled

Place all ingredients into a food processor fitted with the S blade and process until it is a pretty smooth dough. Place mixture in a freezer for about 30 minutes. Remove from freezer and form into a loaf, then roll flat with a rolling pin about 1/4 inch thick. Use cookie cutters to create the desired shapes. Dehydrate at 140°F about one hour. Decrease heat to 118°F and continue to dehydrate about 2 hours. Flip and remove dehydrator sheet. Continue to dehydrate for another 3 hours or until dry on the outside and soft on the inside.

additional: mulberries, sunflower seeds, flax seeds

**Enjoy!**