

Lori's Brazil Nut & Date Cookies

2 C Brazil nuts, soaked and dehydrated
1 C dates, pitted and soaked
2 1/2 T raw carob powder
2 T ground cinnamon

1. Soak the brazil nuts for 8-12 hours, and then dehydrate for 1-2 hours in a dehydrator or warm oven. (The soaking will deactivate the enzyme inhibitors, and the dehydrating will make them the right consistency for the recipe.)
2. Chop brazil nuts coarsely in processor. Place in bowl.
3. Process remaining ingredients to thick paste. Then add to nuts.
4. Hand mix until fully combined.
5. Form to desired shape, and either refrigerate or dehydrate in a dehydrator or warm oven until a crust forms on the outside or to desired consistency, anywhere from 4 to 24 hours.