

# ONLINE AT THE Y

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## Cooking at the Y - Homemade Fortune Cookies

Recommended for ages 2+

### Resources/Ingredients:

- 2½ tbs Agave Nectar
- 1½ tbs Water
- 1 tbs Unsweetened Applesauce
- ½ tbs Grapeseed Oil
- 60g (½ cup) Oat Flour
- 60g (¼ cup + 2 tbs) Brown Rice Flour
- ¼ cup Date Sugar (or dry sweetener of choice)
- 1 tbs Ground Flaxseed
- ¼ tsp Ground Turmeric
- ¼ tsp Baking Soda
- ⅛ tsp Salt

### Instructions:

1. Preheat the oven to 175 degrees
2. Line a cookie sheet with parchment paper.
3. In a stand mixer bowl with beater attachment, add the agave, water, applesauce, and oil. Mix on low.
4. In a small bowl, whisk together the oat flour, brown rice flour, date sugar, flaxseed, turmeric, baking soda, and salt. Place the dry ingredients into the mixer, mix until fully incorporated. Scrape down the sides of the bowl.
5. Take the bowl off the mixture and form the dough into a ball.
6. Roll the dough in between two silicone baking mats until ⅛" thick.
7. Use a 3" circle cookie cutter and cut circles out of the dough. Gently fold the circle in half, trying to enclose as much as you can, and gently press on the outer edges of the dough to create a pocket.
8. Take the corners of the pocket and gently bring them together to form the classic fortune cookie shape. Do this with the rest of the circles and bake for ~14 minutes, or until cookies are firm. Let cool on the baking sheet.
9. Cut index cards into thin strips and write your fortunes on them. Carefully slide the fortunes into the cooled cookies.

