



BUCKINI COOKIES

Makes 20

Ingredients:

1/2 cup (70g) hulled buckwheat groats
1/2 cup (45g) whole rolled oats
45 g 80-90% dark chocolate
40g raw almonds
3 large dried figs (55g), woody stem removed , or other dried fruit
Optional - 15g desiccated coconut
Optional - 1 tablespoon freshly grated ginger or 1 teaspoon dried ginger
4 tbs (30g) oat or buckwheat flour
3 tbs (55g) maple syrup or honey or rice syrup
2 tbs (30g) extra virgin olive oil

Heat oven to 180°C fan forced, 200°C regular, Gas mark 6

Method:

Soak the buckwheat groats for 1 hour in cold water, then drain. Overnight soaking is even better.
Chop the chocolate, figs and almonds into small pieces about the size of a small sultana.
Mix all the ingredients together, making a sticky mass.
Take about 1 heaped tablespoon of ingredients and, using your hands, form a ball shape, squeezing the mixture together. As you do this you may have to stop periodically, and wash your hands after rolling a few balls as they become really sticky.
Put the cookie balls onto a flat tray lined with baking paper. Slightly flatten each cookie onto the tray.
Once all the mixture has been rolled into balls, and flattened a bit, pop the tray in the oven to bake for 20 minutes.
Once cooled, store in an airtight container for up to a week.

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