



HOME COOKING

with Cathy

The recipe this month is a very easy and delicious cookie recipe from Ste. Anne's Spa in Grafton. I have made them numerous times and always with excellent results!



by **Cathy Abernethy**

CLARINGTON PROMOTER
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Sesame and Flax Seed Snaps

Ingredients:

- ¼ cup butter
- ½ cup brown sugar-packed
- 1 egg
- ½ tsp. vanilla extract
- 1/3 cup spelt flour
- 1/8 tsp. baking powder
- ¼ cup sesame seeds
- ½ cup flax seeds- ground
- 1 tsp. grated fresh ginger

Preperation:

Note: I have also substituted gluten free flour or all purpose flour instead of spelt flour.

You can also add 1 tsp. grated orange zest to batter for a nice flavour.

1. Preheat oven to 350F.
2. Cream together butter, sugar, egg and vanilla. Mix in flour and baking powder.
3. Slowly stir in sesame seeds and ground flax seeds and grated ginger.
4. Drop teaspoons of batter on parchment -paper-lined baking sheet leaving space between cookies.
5. Flatten before baking.
6. Bake for 7-9 minutes or until light brown in colour. Cool before storing.
7. Yield- 2 dozen snaps