

Your First Wealth Is Health



Cookies of Joy

(adapted from From Saint Hildegard's Kitchen)

Preheat oven to 400 F

12 Tbsp plus 1 Tsp unsalted butter

3/4 cup brown sugar

1/3 cup honey

4 egg yolks

2 1/2 cups spelt flour

1 Tsp salt

2 rounded Tbsp of "Spices That Bring Joy"

Melt butter and pour into a medium-sized bowl. Add sugar, honey, egg yolks and beat lightly. Add spelt flour, salt and spices. Refrigerate after mixing. When chilled, roll out and cut into small cookies. Bake for 10 to 15 minutes, watching carefully, until just golden brown.

Spices That Bring Joy: make a goodly amount ahead of time and use as needed: 3 parts each of nutmeg and cinnamon plus 1 part clove.

"Make small cookies and eat these often. They will reduce bad humours, enrich the blood, and fortify the nerves."

– Hildegard