

## Let It Go Yoga Cody's Buckwheat Cookies



Cody's Cookies are a raw food and taste great right out of bowl, although they hold together better if they are refrigerated or better yet, dehydrated. Soaking and spouting your seeds and nuts will bring them to life. Dehydrating at 118 degrees or lower will assure your food is raw and will preserve the food enzymes.

If you are interested in learning more about raw foods, [excaliburdehydrator.com](http://excaliburdehydrator.com) has wonderful info and recipes. We purchased our Excalibur Dehydrator with 9 drawers on eBay, so search the web for the best deals.

For the recipe you will need:

- 3 cups organic sprouted buckwheat groats
- 3 cups organic almond butter (either smooth or chunky)
- 1 cup organic agave or maple syrup
- 1 cup soaked almonds with the water drained

To sprout the buckwheat you will need:

- A large bowl
- A colander
- Pure water

Cover the buckwheat with water and let soak overnight. In the morning drain the groats in the colander and place the colander in a bowl to catch the excess water. Cover with a cloth and let sit at room temperature to allow the sprouting process. Rinse occasionally with pure water and check for sprouts.



When the groats have sprouted place them in a food processor and blend until creamy.

Transfer the buckwheat to a larger bowl and add almond butter, almonds and the sweetener you prefer.



Teaspoon the dough and form bite size balls and place on the dehydrator sheets. Dehydrate for several hours.



Hope you enjoy Cody's Cookies!