

# EINKORN-LEMON NINGXIA SANDWICH COOKIES

TOP RECIPE FINALIST

by Kathleen Campbell; Fort Worth, Texas

YOUNG LIVING PRODUCTS USED: Gary's True Grit Einkorn Flour, Lemon Vitality, NingXia Red

Cookie:		Filling:	
1 cup	butter	8 ounces	cream cheese, room temperature
2/3 cup	honey	1/2 cup	butter, softened
1	egg	2 tsp	NingXia Red®
20 drops	Lemon Vitality essential oil, as desired	1/2 tsp	red beet powder
1 tsp	vanilla	1 cup	nonfat dry milk powder
1/2 tsp	salt	1 cup	cornstarch
3 cups	Gary's True Grit Einkorn Flour, sifted	2 tsp	powdered stevia
		3 tbs	organic powdered evaporated cane juice crystals (optional)
		2 drops	Lemon Vitality essential oil, as desired (optional)

**Cookies:** Cream butter and honey. Add the other ingredients, adding the flour last, and mix until all ingredients are blended well. Cover and chill dough 3–4 hours before rolling.

Preheat oven to 370°F. Roll out dough 1/3 inch thick and cut evenly. Bake approximately 8–10 minutes or until the edges are just starting to brown. Remove from oven and cool on wire racks.

**Filling:** Beat cream cheese, butter, and NingXia Red in a large bowl with a hand mixer until blended. Add red beet powder coloring to your desired shade. Separately mix milk powder, cornstarch, and stevia until well blended. Add to cream cheese mixture gradually, beating after each addition, until blended.

Put a dollop of filling on a cooled lemon cookie and place another cookie on top. Smooth edges if filling comes out. Refrigerate until served.

**Optional:** Place organic powdered evaporated cane juice crystals in a sealable plastic bag. Add Lemon Vitality in the bag, close it, and shake it. Sift mixture on top of the cookies.

