Dessert

From the kitchen of:

Fig and Flax Cookies

Ingredients:
Makes about 16~

½ cup unsalted butter, at room temp. ¼ tsp cream of tartar
½ cup packed light brown sugar, divided ¼ tsp ground cinnamon
1 large egg, separated ¼ tsp ground nutmeg
1 tsp vanilla extract ¼ cup ground flaxseeds
1 cup whole-wheat pastry flour ½ cup fig preserves or other jam
2 tbsp ground flaxseeds

Make it:
1. Preheat your oven to 350 degrees and in a baking sheet with parchment paper.
2. Cream the butter and sugar until light and fluffy, mix in the egg, and vanilla, mix well.
3. In another bowl whisk the flour, 2 tablespoons flaxseed meal, cream of tartar, cinnamon, and nutmeg.
4. Slowly beat the dry ingredients into the butter mixture.
5. Roll rounded tablespoons of the dough into the egg white and then in the ¼ cup flaxseed. Lay on the baking parchment 2 inches a part from each other. Gently push your finger into the middle of each cookie to create a dimple to fill later!
6. Bake in the oven for 15 – 18 minutes or until set and golden brown. Allow to cool on tray for 5 minutes before removing to cool on a wire rack. Fill with preserves once the cookies have cooled and serve.