

Immunity Cookies Recipe

Brew up your favorite tea and cozy up with these herb-filled immunity cookies featuring immune-supporting herbs like astragalus and shiitake.



What you'll need...

- 1/2 cup white flour
- 1/2 cup whole wheat flour
- 1/2 cup oat bran
- 1/4 cup astragalus powder
- 1/4 cup shiitake mushroom powder
- 1 teaspoon cinnamon powder
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon salt
- 2 sticks salted butter, softened
- 3/4 cup honey
- 1 teaspoon vanilla
- 2 large eggs
- 2 cups oats
- 1 cup dark chocolate chips

- 1 In a medium bowl, mix together the flours, oat bran, herb powders, baking powder, baking soda, and salt. Set aside.
- 2 In a large bowl, use a handheld mixer to combine the butter, honey, and vanilla until it is light and fluffy. (Takes about 1 minute.)
- 3 Add the eggs, one by one, to the butter mixture, mixing them in well.
- 4 Little by little, add the flour mixture to the butter mixture. Once well combined, fold in the oats and chocolate chips.
- 5 Using your hands, mold the mixture into a ball within the bowl. Put this in the freezer for 30 minutes. (This will help keep the cookies from spreading out too thin.)
- 6 Preheat the oven to 350°F.
- 7 Using a greased cookie sheet (or a sheet lined with parchment paper), drop the cookie dough out in 1/4 cup amounts.
- 8 Bake for 22 minutes or until the edges are softly browned. Do not overbake.
- 9 Once cooled, store the cookies in a tightly sealed container. They are best within 3 days. They can be frozen for future use.

Yield: 17 large cookies