



# Ancient Heritage Cookies: Gluten-Free, Whole-Grain, and Nut-Flour Treats

*Luane Kohnke*

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**Ancient Heritage Cookies: Gluten-Free, Whole-Grain, and Nut-Flour Treats** Luane Kohnke

*Grains our ancestors used baked into delights for today!*

Author Luane Kohnke guides aspiring bakers through her delicious and unusual recipes. With 50 recipes featuring ancient and whole-grain flours and 13 gluten-free options, everyone can enjoy delectable cookies without guilt! Kohnke uses whole grains from around the world—including oats, barley, cornmeal, and nut flours, which are healthier than bleached white flour—to satisfy the most discerning sweet tooth. Easy recipes for gluten-free Peanut Butter Sandwiches, moist Double-Chocolate Fruit and Nut Brownies, and chewy, vegan Maple Almond-Butter Cookies are featured. Lush photos from acclaimed photographer John Uher accompany each recipe.

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