



St. Seraphim's Mushroom Cookies

Courtesy of Lillian Baron

St. Seraphim lived in 18th century Russia. When he was 10, he nearly died from an illness, but he recovered miraculously after seeing a vision of the Theotokos. At 19, he entered the monastery and after years of growing closer and closer to God he found himself fleeing even further into the forest to be alone there with Him, eating only the herbs and grasses he foraged there. There are mushrooms everywhere in the Russian forests, and St. Seraphim knew exactly which were good for eating! These mushrooms are good for eating, too!



Ingredients

- 3 cups all-purpose flour
- 2 teaspoons cream of tartar
- 2 Tablespoons baking soda (this is how it comes out like a mushroom)
- 1 1/2 teaspoons ground cinnamon
- 1/2 teaspoon salt
- 3/4 C coconut oil
- 1 1/3 cup sugar (we use monk fruit sugar)
- 2 tablespoons of ground flaxseed + 3 tablespoons of water to replace egg or 1 mashed banana if you don't have that
- 2 teaspoons vanilla extract
- 1/3 C sugar (or monk fruit sweetener) & 1 teaspoon of ground cinnamon for topping



Instructions Roll dough into balls and dip in the sugar then place on a baking sheet and press the center down to create the mushroom shape. Bake at 10 minutes at 375.