

PARASHA RECIPES

PARASHAT VAYELECH

פרשת וילך

THE INSPIRATION FOR THIS WEEK'S RECIPE COMES FROM A QUOTE FROM PARASHAT VAYELECH.

"כִּי אָבִיאֲנֶנּוּ אֶל הָאָדָמָה אֲשֶׁר נִשְׁבַּעְתִּי לְאֲבוֹתֵינוּ זֵבֶת חֶלֶב וְדִבַּשׁ וְאָכַל וְשָׂבַע."

"BECAUSE GOD BROUGHT US TO THE LAND THAT THEY SWORE TO OUR ANCESTORS, FILLED WITH MILK AND HONEY AND FOOD AND SATIATION." WHICH CALLS TO MIND SOMETHING DELICIOUS THAT IS ALSO GOOD FOR YOU (HEALTHY-ISH), BUT STILL SATISFIES OUR APPETITE.

OATMEAL COOKIES WITH HONEY

- ONE CUP OF BUTTER
- 1 TABLESPOON OF HONEY
- 1 TABLESPOON OF MILK
- 1 TABLESPOON OF FLOUR
- 1 TABLESPOON OF OATMEAL
- 1 TEASPOON OF BAKING SODA
- ¾ CUP OF BROWN SUGAR
- PINCH OF SALT

MUFFIN TRAY

HEAT THE OVEN TO 350°F (180°C).

IN A POT BRING THE BUTTER, HONEY AND MILK TO A BOIL. AS SOON AS IT'S BOILED, REMOVE FROM HEAT AND LET THE MIXTURE COOL FOR 1 MINUTE. THEN ADD THE BAKING SODA AND STIR (IT WILL START TO BUBBLE). ADD EVERYTHING ELSE AND STIR SOME MORE. GREASE THE TRAY AND POWDER IT GENTLY WITH FLOUR. POUR THE MIXTURE INTO THE MUFFIN CUPS AND BAKE FOR 20 MINUTES. BE SURE TO REMOVE COOKIES FROM THE TRAY WHILE THEY ARE STILL HOT SO THAT THEY DON'T STICK TO THE TRAY!

BON APPETIT- בּוֹנָאפֶטִיט !