

OLD JOE'S KAIA COUNTRY HAVEN

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NEW MOON COOKIES

*Spray a pan with non-stick spray
Oven on 180°C*

DRY INGREDIENTS *300 g cake flour (500 ml)*
Mix together: *10 ml baking powder*
 2.5 ml salt
 200 g white sugar (250 ml)
 15 ml activated charcoal

WET INGREDIENTS *125 ml sunflower oil*
Mix together and stir *5 ml vanilla*
into dry ingredients: *60 ml aquafaba* or water (add +*
 15 ml extra if needed)

Roll dough thinly, press out with a cookie cutter, bake for 8-10 minutes.
Optional: paint each cookie with aquafaba* and sprinkle with black sesame seeds before baking.

NOTES:

- Buy activated charcoal from a chemist (Dischem). It is often used in large amounts for removing poison from the gut.
- *Aquafaba is the water from a tin of chickpeas.
- Use a [gluten-free flour mix](#) if you are gluten intolerant or allergic.

SIGNIFICANCE OF NEW MOON

The Moon is in an auspicious phase when it is full, representing abundance and countless blessings.

However, the Moon is just as auspicious when it is in its 'dark' phase – NEW MOON – bringing what is hidden to the fore and exposing unleashed potential. It is a time for new successful beginnings and starting new projects, a new cycle and an ideal time for setting new positive intentions. These will all develop beautifully as the Moon waxes towards fullness, providing grounding and a sense of direction.