

# Real Food Russian Tea Cookies

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/food-russian-slice-recipe>

## Ingredients:

- 1 cup softened butter preferably from pastured cows
- 1/2 cup maple sugar organic, where to buy, coconut sugar, where to buy, or sucanat, where to buy, I use maple sugar
- 2 teaspoons pure vanilla extract where to buy
- 2 cups whole wheat flour sprouted, organic, where to buy
- 1/4 teaspoon sea salt where to buy
- 1 cup walnuts organic, soaked, dried and chopped small\*, where to buy already soaked and dried
- 1/2 cup organic cane sugar for coating, where to buy

## Nutrition:

1. Calories: 980 calories
2. Carbohydrate: 90 grams
3. Cholesterol: 120 milligrams
4. Fat: 67 grams
5. Fiber: 9 grams
6. Protein: 14 grams
7. SaturatedFat: 31 grams
8. Sodium: 480 milligrams
9. Sugar: 42 grams

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