

DESERT FOOD MESQUITE RECIPES

Mesquite Cookies

1 1/4 cups all purpose flour
3/4 cup mesquite flour or meal
2 tsp baking powder
2 eggs
2/3 cup oil
1 tsp vanilla
1/2 cup brown (or white) sugar

Heat oven to 375 degrees. Mix all purpose flour, mesquite meal, baking powder together in medium bowl. In another bowl, beat eggs until well blended. Stir in oil and vanilla. Add sugar & stir until mixture thickens. Add dry ingredients to egg mixture & stir until well blended. Drop dough by rounded teaspoon 2 inches apart on ungreased cookie sheet. Flatten just a little, and bake 8-10 minutes.

LYNNE'S DESERT GRANOLA

1 cup High Fiber cereal (Like Trader Joes, All Bran or Bran Buds)
4 cups rolled oats
1 cup nut pieces (AZ nuts like Jojoba or Pinyon pine: or almonds, walnuts, or pecans)
1 cup mesquite meal
1/2 cup sunflower seeds
1/2 cup saguaro seeds (or sesame, poppy or flax seeds)
1/2 cup brown sugar

1/3 cup oil (canola or other)
2 tsp. Vanilla
1/2 cup hot water

Stir together dry ingredients in a large bowl. Stir together wet ingredients in a small bowl. Mix wet and dry thoroughly and place on a large baking sheet in a 275 degree oven for (approx.) 45 minutes, stirring every 15 minutes. If you want a dryer consistency, leave in (turned off) oven to continue drying until it's your desired consistency (although it also dries a little further as it cools down).

Optional:

1 cup dried fruit, e.g. cranberries, cherries, raisins

Cool granola and add optional fruit. Store in airtight container at room temperature.

Serve with milk or yogurt.

For Desert Granola:

Mesquite flour (also called meal) can be purchased online from Native Seed Search (www.nativeseeds.org or from Casa de Fruta either at their site www.casadefruta.com/mesquite, or on Amazon), or at the Desert Botanical Garden.