



Seven Species Cookies

This recipe ties in with the Tu B'Shevat theme of the Seven Species, “Shiv’at HaMinim.” These are the grains and fruits listed in the Torah as being special products of Eretz Yisrael, the land of Israel, “a land of wheat and barley, and vines and fig trees and pomegranates; a land of olive trees and (dates) honey.”

Materials:

- Packet of Malt biscuits like Ovaltine cookies (which contain both wheat and barley)
- Chopped up fruit like dates, dried figs, pomegranate seeds, raisins and slivered almonds
- Home-made chocolate icing (Nutella, for example) to hold the fruit and nuts in place

Directions:

Spread the cookie with chocolate icing, load up with the fruit and nuts – you can even make little pictures and designs out of your toppings – and eat!

Courtesy of joyfuljewish.wordpress.com/2014/06/26/seven-species-biscuits/