

# Emma's Beef Liver Cookies

## Ingredients:

- 1 cup of fresh liver (chopped into 1 inch pieces)
- 1 egg
- 1/4 cup rolled oats
- 2 cups of whole wheat flour
- 1 tbsp. coconut oil, or parchment paper (for baking sheet)



## Directions:

Preheat the oven to 350°. Put the chopped liver into a blender or food processor and puree. Add in the egg and mix well. Add in the oatmeal. Place the mixture into a mixing bowl and slowly add in the flour until you have a firm dough. Roll out the dough to a 1/4 inch thickness. Use cookie cutters to cut out cookies or cut out bars or squares with a knife. Place the cookies on the greased or parchment paper covered cookie sheet and bake for 15 mins. Cool and serve! Keep in airtight container in the refrigerator for up to two weeks.

## Tips:

- chop liver in a semi frozen state, it is much easier than when it is completely thawed.
- Keep the sink full of warm soapy water and toss your tools and bowls in the water as you finish with them. Liver is real sticky, and this will make clean up easier!

