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LIVING FOODS FOR  
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*Educadora de Saúde do  
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e Consultora Culinária*  
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## CINNAMON BITES

(Yield : 15 )

- 2 C. Pecans or Walnuts Soaked & Rinsed (12 hours)
- 2 Tbsp. Cinnamon
- 1 Tsp (30ml) Stevia
- 1 Tbsp. Vanilla essence

1. Drain and rinse the nuts and put in the food processor with the Stevia, cinnamon, and vanilla.
2. Process until the nuts have all been ground down, and the mixture begins to form a ball.
3. Taking small amounts of the mixture in the hands, mould into finger shaped cookies.
4. Place on a dehydrator tray.
5. Dehydrate at 105°F / 42°C overnight.

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**Portugal:**

Apartado 3430  
8135-905 Almancil, Algarve, Portugal  
Tel: (351) 91 764 7043  
Fax: (351) 289 393327

[info@jillswyers.com](mailto:info@jillswyers.com)

[www.jillswyers.com](http://www.jillswyers.com)

**England:**

19 Tonsley Road  
London Sw18 1BG, England  
Tel: (44) (0) 20 8870 7041  
Mobile: (44) (0) 7768 081376