

Excerpt from the book I of “Aphrodisiac Adventures” by Lillian Zeltser
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‘D’ Cookies Recipe

40g	<i>Dried Damiana Leaves</i>	1	<i>Organic Fresh Egg</i>
6 tablespoons	<i>Raw Honey (or Raw Brown Sugar)</i>	75g	<i>Chopped Pecan Nuts</i>
50g	<i>Sultanas</i>	120g	<i>Coconut cream or Unsalted Butter</i>
1	<i>Vanilla Bean (10ml of the natural vanilla extract)</i>	60ml	<i>Cold Water</i>
200g	<i>White or Wholemeal Flour</i>	60g	<i>Icing Sugar</i>
1	<i>Small Pinch of Sea Salt</i>		

Preheat oven to 190C.

In a mixing bowl beat an egg together with a pinch of sea salt, honey, vanilla bean seeds and water, then add damiana powder.

Pound dry Damiana leaves into the powder, then sieve it over the mixing bowl to remove the twigs. Mix everything well.

Cover the mixture and let it stand for ten minutes in a cool place.

Mix in softened butter, chopped pecan nuts and sultanas. Mix till it will look homogeneous, then add the flour to make a soft dough. Knead for five minutes or so.

Form 10 thick cookies in the heart shape or any other shape you desire, then place cookies on the baking tray lined with baking paper and pop them into a preheated oven for 10-12 minutes or until golden brown. After the cookies will cool down dust them with icing sugar and hide them in the cookie jar with an air-tight lid. Enjoy as an afternoon treat with a glass of champagne, coffee, or tea. One or two cookies per person should be enough to produce a pleasantly stimulating effect.

Warning: Do not eat any, if you are pregnant, or if you suffer from headaches or insomnia.