

Crunchy Peanut Butter Cookies

Submitted by Mary Longshore

Ingredients:

1 cup sugar
1 cup White Caro Syrup
1 cup Peanut Butter
5 cups Corn Flakes
**wax paper or parchment paper

Directions:

In a four quart boiler, pour in the sugar and Caro Syrup and mix well. Boil for one minute. Stir in the Peanut Butter until smooth, and then add the cornflakes. Spoon out onto waxed paper and allow to cool. Enjoy!

****NOTE: This recipe also works well with Cashew Nut Butter available from Trader Joes****

Fasting, neither above nor below your ability, will help you in your vigil. Christ Himself set the example with His long fast; when He drove out the devil, He had fasted for forty days. Are we better than He? "Behold, angels came and ministered unto him (Matthew 4:11)." They are waiting to minister to you, too.

Orthodox Gleanings