



sweet salutations

This year, invite your holiday cookies to strike a pose.

When Karen La Du, a New Jersey art and yoga teacher, saw the silhouettes her art students had drawn of one another in yoga poses, she immediately thought of gingerbread men. This flash of inspiration led her to create tin cookie cutters in six asana-based shapes, including Bakasana (Crow Pose), Sukhasana (Easy Pose), Paripurna Navasana (Boat Pose), and Vrksasana (Tree Pose). These fun shapes are perfect for baking cookies for your favorite yoga buddy or for mixing things up at the holiday cookie exchange. For more information visit thekitchenyogi.com. RACHEL MEYER

ginger & spice cookies

MAKES APPROXIMATELY 18 COOKIES WITH THE CROW POSE COOKIE CUTTER

- ½ cup natural cane sugar
- 1 cup organic local honey
- 2 organic eggs or egg substitute
- 3 ½ cups organic white flour
- 1 teaspoon organic baking powder
- 1 teaspoon organic cinnamon
- ⅛ teaspoon organic allspice
- 1 cup finely chopped walnuts
- ½ cup chopped candied ginger
- ¼ cup orange zest

- 1** Preheat oven to 400°F.
- 2** Mix sugar, honey, and egg. Blend flour, baking powder, cinnamon, and allspice, and stir into sugar mixture. Mix in walnuts, candied ginger, and orange zest. If the dough seems too soft to roll, chill in the refrigerator for 15 minutes. If the dough is dry, hand-knead 2 tablespoons of softened butter or water into the dough until it is workable.
- 3** Hand-flatten the dough and roll to ¼-inch thickness on parchment

- paper. Cut dough with the asana cookie cutters. It is easier to transfer the cookies to an ungreased baking sheet with the cutter still attached. Slide a spatula under the cutter and dough, and move it to the sheet. Once on the sheet, gently push the dough out of the cutter to use again.
- 4** Bake for 10-12 minutes. Allow cookies to cool on the baking sheet for 5 minutes before moving to a cooling rack. Enjoy these cookies dipped in hot tea or almond milk.

Recipe courtesy Karen La Du.