

Himalayan Crystal Salt

Country of Origin: Pakistan

Nutrition Facts

Valeur nutritive

Per 1 g / par 1 g

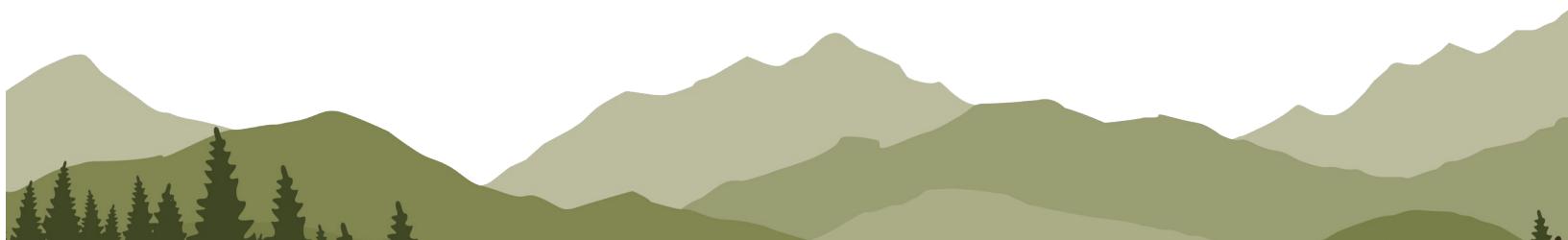
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 0	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 390 mg	16 %
Carbohydrate / Glucides 0 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
Protein / Protéines 0 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	0 %

Factoid:

Himalayan crystal salt, rather than being stripped of minerals through processing, is said to maintain 84 naturally occurring minerals. While table salt can dehydrate the body's cells, Himalayan crystal salt helps to maintain their water content. Other professed benefits of this salt are that it is a rich source of electrolytes, can increase sinus health, can help to regulate sleep, can alleviate aches and pains (when in a solution form), etc.

Ingredients:

Himalayan crystal salt



Recipe:

**left coast
ORGANICS**

Salted Oatmeal Chip Cookies

Ingredients:

1 C unsalted butter, softened
1 C brown sugar, packed light
1/2 C white sugar
2 large eggs
2 tsp vanilla extract
1 1/4 C all-purpose flour
1/2 tsp baking soda
1 tsp Himalayan crystal salt
3 C instant oats
1 C semisweet chocolate chips

Instructions:

1. Preheat oven to 325F.
2. Cream butter, brown sugar and white sugar in mixer on medium speed until smooth, about 3 minutes. Beat in one egg at a time until combined. Add vanilla.
3. In a separate mixing bowl, whisk flour, baking soda and 1/2 teaspoon of salt and then add to butter and egg mixture and mix until combined.
4. Fold in oats and chocolate chips into entire mix with a wooden spoon until combined.
5. Drop dough by rounded tablespoons onto parchment-lined baking sheet two inches apart. Use the last 1/2 teaspoon of salt to sprinkle a pinch of salt onto the top of each cookie. Bake for about 12-15 minutes. Allow to cool for 5 minutes before transferring to a cooling rack.

