Glimpse into a spicy banana nut slab

I got up this afternoon after a morning of resting with a craving for cookies. I managed to pull together some ingredients and came up with a spicy banana nut biscuit.

It was a fairly random effort, and though they taste pretty good (though super sweet!), they are not your normal cookie! They merged into a flat blob in the oven!! But hey, it says on my blog description that there will be some disasters! I put in a tablespoon of rice syrup too, but it made it super sweet, so I wouldn't put that in again. I think you could actually enjoy this fresh from the oven like a pudding, with a raspberry or strawberry purée, or a dollop of goat or lactose free yogurt!
Here is what I did:
1 1/2 cups almond meal
1/2 cup quiona flakes
1/2 tsp baking soda
1/2 tsp salt
1/2 cup coconut oil
1 cup dextrose
1 tsp egg replacement + 3 tbsp water
1 mashed banana
2 tsp vanilla extract
Handful chopped dried cranberries (or chopped dark chocolate)
1 1/2 tsp mixed spice
Preheat the oven to 180 degrees.



Mix the almond meal, quiona flakes, baking soda, mixed spice, cranberries and salt

together in a small bowl.
In a large bowl, mix the oil, dextrose, egg replacement, and vanilla extract.
Combine the dry mixture into the wet, and mix well.
Scoop the mixture into balls, place on a tray lined with baking paper, and slightly flatten the balls with a fork.



Bake in the oven for about 12 minutes, until they start to brown.

Looking at my end result, I don’t think it will harden up very well like a biscuit, even when cool, but it is a tasty, healthy, pudding style treat! Maybe instead of attempting to make balls into biscuits, this mixture would be better baked in small dishes, ready to be topped with sauce or yogurt or fruit, and eaten straight from the bowl warm!

