Almond cookies

I love cookies (who doesn't?!), and I have long been on the experiment trail for the perfect gluten, grain, egg and dairy free and low fructose cookie. It sounds impossible, I know, and trust me, I had got to the point where I thought I should stop, because having batch after batch of crumbly, dry, tasteless failed attempts was getting far beyond disappointing! However, the problem has been overcome! Woohoo! I have made multiple batches now (just to make sure the recipe was good enough to post, of course!), and I am pretty happy to have nailed a cookie recipe for my strict diet! I double this recipe when I bake it, and freeze some of the cookies in an air tight container – they keep well, and it means you can always access cookies when the craving hits!

Choc chip almond cookies (12 cookies)

Ingredients:

1¼ cup almond flour

1/8 cup coconut flour

¼ tsp salt

1 tsp cinnamon

¼ tsp baking soda

¼ cup coconut oil

¼ cup maple syrup

1 tsp vanilla extract

100g roughly chopped dark chocolate

Method:

1. Preheat oven to 180 degrees Celsius. Line baking trays with baking paper.
2. Combine the dry ingredients (except the chocolate) in a large bowl and mix well.

3. Combine the wet ingredients in another bowl and mix well.
4. Pour the wet ingredients into the dry ingredients and combine.
5. Stir in the chocolate.
6. Separate the mixture into small balls, place onto lined baking tray, and flatten slightly.
7. Place into oven for 12-15 minutes, until golden.

Each batch I have made, I adjusted my quantities of almond and coconut flour. The more the coconut flour, the more firm and

crunchy the cookie is. Play around to find your preferred texture and taste. Yes, I am giving you permission to make several batches of cookies! Personally, I like less coconut flour because I do not tolerate too much coconut flour in this type of baked treat. You could completely leave it out if you wanted to, or you could go half/half, or more – it is up to you!

This recipe is also really nice with ¼ – ½ cup of desiccated coconut added into the dry ingredients, or 1 teaspoon of ground ginger.

If you are avoiding chocolate, sub in berries, dry ginger, or nuts.

If you want to make an even healthier cookie, decrease the maple syrup to 2-3 tablespoons and add 1 mashed banana.