Chunkalicious cookies

I have named these cookies Chunkalicious because that is indeed what they are! I came up with this creation today when looking for a sweet treat to make for friends who I am catching up with on the weekend. These are a little more decadent than my almond cookies. This recipe makes a double batch, which is perfect for sharing with friends, or putting some in the freezer so that you always have some sweets on hand. Feel free to halve the recipe though, if you want to be sensible!

Ingredients:

1/3 cup maple sugar

2/3 cup maple syrup

2/3 cup coconut oil

6 tablespoons coconut cream*

2 tablespoons vanilla extract

1 tablespoon ground ginger

1 tablespoon ground cinnamon

1 1/2 cup almond meal

1/4 cup arrowroot

1/4 cup coconut flour

2 teaspoon baking soda

Large pinch salt

1 1/2 cups of lightly crushed sweet potato crisps

1/2 cup desiccated coconut or flakes

1/4 – 1/2 cup dried fruit chips (optional)

50 – 100 g dark chocolate (optional)

10 – 20 chopped almonds or walnuts (optional)

**Use the thickened coconut milk that sits at the top of the can of coconut milk*



Method

1. Preheat the oven to 180 degrees Celcius. Line baking trays with baking paper.
2. Mix the sugar, syrup and oil together until well combined.
3. Add the coconut cream and mix.
4. Slowly add the almond meal, baking soda, salt, vanilla, ginger and cinnamon and mix.
5. Fold in the sweet potato crisps, coconut, fruit chips, chocolate and nuts.
6. Make small balls with the mix, place on baking tray, and flatten slightly. (The oily mix may work better for this step if left in the fridge for a few minutes on a warm day.)
7. Bake for 10-12 minutes until lightly golden.

8. Let cookies cool, and then store in an airtight container.

I hope that you enjoy this special treat, which of course is still a lot healthier than most other cookies, and is gluten/dairy/grain/egg free and low in FODMAPS!

