

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Nikki's Healthy Cookies

From www.101cookbooks.com

You can use unsweetened carob, or grain sweetened chocolate chips, or even chop up 2/3 of a bar of dark chocolate (70%). Bob's Red Mill makes a finely ground almond flour, or you can make your own by pulsing almonds in a food processor until it is the texture of sand – don't go too far or you'll end up with almond butter. Make sure to warm the coconut oil a bit so that it isn't solid. It makes it easier to incorporate into the bananas.

Makes about 3 dozen bite-sized cookies

3 large, ripe bananas, well mashed (about 1 ½ cups)
1 teaspoon vanilla extract
¼ cup coconut oil, barely warm – so it isn't solid (or alternately, olive oil)
2 cups rolled oats
2/3 cup almond meal
1/3 cup coconut, finely shredded and unsweetened
½ teaspoon cinnamon
½ teaspoon fine grain sea salt
1 teaspoon baking powder
6-7 ounces chocolate chips or dark chocolate bar chopped

Preheat the oven to 350°F, racks in the top third.

1. In a large bowl combine the bananas, vanilla extract, and coconut oil. Set aside.
2. In another bowl whisk together the oats, almond meal, shredded coconut, cinnamon, salt and baking powder.
3. Add the dry ingredients to the wet ingredients and stir until combined. Fold in the chocolate chips/chunks. The dough is a bit looser than a standard cookie dough, don't worry about it.
4. Drop dollops of the dough, each about 2 teaspoons in size, an inch apart, onto a parchment (or Silpat) lined baking sheet. Bake for 12-14 minutes, or as long as possible without burning the bottoms.

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