

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Coconut Protein Cookies

Adapted from www.renewingallthings.com

These are delicious grain-free, high-protein cookies. They are yummy plain, or served with homemade coconut milk whipped cream. You can find the recipe below.

1 ½ cups shredded coconut
1/2 cup sunflower seeds
1/2 cup protein powder
1/4 cup maple syrup or honey
1 teaspoon vanilla
1 teaspoon cinnamon

1. Pre heat oven to 300°F.
2. Roughly chop sunflower seeds and coconut flakes in a food processor until broken up in chunks (you can do this in a blender too if you don't have a food processor).
3. Add remaining ingredients process until mixed. If too crumbly, add more maple syrup, honey OR a tablespoon of coconut oil.
4. Scoop cookies onto a cookie tray.
5. Gently press the cookies down to flatten.
6. Bake for about 15 minutes.

*You can use 2 cups coconut shreds if you do not have/want sunflower seeds.

*You can use any other kind of nut or seed

*I used vanilla Dream Protein powder (available for purchase at the office) - but you can use any flavor you would like/have.

How to make coconut milk whipped cream:

2 cans full fat coconut milk

Optional Add-ins:

1-2 tablespoons maple syrup or honey or 5 drops stevia

1/8 teaspoon vanilla

1.5 tablespoons cacao powder

Chill the cans of coconut milk in the fridge for at least 24 hours. About 1 hour before making the coconut whip, chill a mixing bowl in the freezer. After chilling the can, open the can and scoop the solid white coconut cream into the bowl. Discard the coconut water or save it for another use (such as coconut water ice cubes).

Using an electric hand mixer or a stand mixer with the whisk attachment, beat the cream until fluffy and smooth. Add in sweetener to taste and vanilla. Return whipped cream to fridge until ready to use. It will firm when chilled and soften at room temperature. This will keep in the fridge in a sealed container for up to 1 week. After chilling in the fridge, allow it to sit at room temperature until it softens slightly and then you can re-whip it as needed.