

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Healthier Sugar Cookies

From www.foodbabe.com

2 cups blanched almond flour
½ cup coconut palm sugar
¼ cup coconut oil melted (or grass-fed butter at room temp)
1 egg
1 Tbsp vanilla extract
¼ tsp sea salt

1. Preheat oven to 350 degrees.
2. Whisk together almond flour and coconut sugar. In a separate bowl, mix all wet ingredients together and combine well.
3. Slowly add dry ingredients into wet ingredients and mix well.
4. Drop 1 Tbsp of dough on parchment lined cookie sheet.
5. Bake cookies for 8-10 minutes (until edges are golden brown)
6. As cookies are cooling, sprinkle with a little coconut sugar, if desired.
7. Cool cookies for at least 5 minutes before serving.

Alternatively, if you want to cut out shapes, refrigerate dough for at least 1 hour and then roll out using a rolling pin and additional almond flour and bake the same way.