

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Lemon Poppyseed Cookies – Paleo Style

From The Paleo Kitchen by Julie Bauer and George Bryant

Makes: 9 cookies

1 cup blanched almond flour  
1 Tbsp coconut flour, sifted  
½ tsp baking soda  
Pinch of fine grain sea salt  
2 large eggs, whisked  
¼ cup organic honey  
2 Tbsp coconut oil, melted  
1 tsp vanilla extract  
Juice of 2 lemons  
Zest of 1 lemon  
1 tsp poppyseeds

1. Preheat the oven to 350° F. Line a baking sheet with parchment paper.
2. Combine almond flour, coconut flour, baking soda, and salt in large bowl and whisk together. Add the eggs, honey, coconut oil, vanilla, lemon juice, and lemon zest and mix with a spatula until well combined. Fold in the poppyseeds.
3. Use a medium cookie scoop to drop 9 cookies onto the prepared baking sheet.
4. Bake for 20 minutes, or until the cookies have slightly browned. Remove from the oven and transfer to a rack immediately to cool.