

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Salted Caramel Cookie Ice Cream Cups (Paleo-Style)

From www.paleomg.com

Vanilla coconut milk ice cream (you can find this in many grocery stores)

1 cup pecans

1½ cups almond flour/meal

¼ cup ghee, melted

1 egg

1 tablespoon honey

1 teaspoon vanilla extract

½ teaspoon baking powder

⅛ teaspoon cinnamon

Pinch of salt

For toppings

1 batch vanilla bean caramel sauce (look in past recipes section of the website—www.webbwellness.com)

½ cup chocolate chips

Coarse sea salt

1. Preheat oven to 350 degrees. Place pecans in a food processor and pulse until they have broken down into a flour consistency. Add almond flour, ghee, egg, honey, vanilla extract, baking powder, cinnamon and salt and puree until it combines completely together (it will form a ball in the food processor). Using a mini muffin tin, use a cookie scoop to scoop out a ball of the crust mixture and place into 14 muffin tin holes. Use your fingers (or the bottom of a spice jar) to press the dough into each muffin tin hole, into a cup formation. Use a fork to poke a few holes in the bottom of each to keep from rising as it bakes. Bake for 20 minutes. Let cool completely.
2. While the cups bake, make the caramel and let cool slightly.
3. Melt chocolate in double boiler or microwave.
4. Once cups are cool, pour 1 teaspoon of melted chocolate into the bottom of the cups. Place in fridge for 2-3 minutes until set. Then use a 1-2 tablespoon cookie scoop to scoop ice cream into each cup. Top with a spoonful of caramel and a pinch of coarse sea salt! Eat up right away!