

Nut Butter Coconut Cookies

I'm a fan of fruit for breakfast and a plateful of cruciferous veggies for dinner... but some days, we just need cookies. So if you are feeling that today, you have found your answer.

Ingredients

- 2 tablespoons (10 g) ground flax or chia
- 6 tablespoons (90 mL) water
- 1 cup (100 g) unsweetened shredded coconut
- 1 cup (100 g) gluten-free rolled oats
- 2 teaspoons baking powder
- 1/2 teaspoon fine sea salt (this can also be flaked salt to top each cookie)
- 1 cup (240 g) almond butter, thick tahini, or your favorite nut or seed butter (I like a blend the almond and tahini)
- 1 teaspoon (5 mL) pure vanilla extract
- 6 tablespoons (60 mL) pure maple syrup
- 1/4 cup (50 g) dairy-free chocolate chips, chopped dairy-free dark chocolate bar or raisins.

Directions

1. Mix flax or chia and water in a small bowl first, and allow to gel as an egg replacement.
2. Measure and combine all dry ingredients in a large bowl. Blend in nut/seed butter, flax or chia mixture and maple syrup until mixture forms a dough. Your hands may be the best tool here. Add chocolate or raisins and refrigerate for an hour or more.
3. Portion cookies with a small ice cream scoop or teaspoon onto a parchment-lined baking sheet.
4. Bake in a preheated oven set at 350 F (180 C) for 13-15 minutes.
5. Allow to cool and enjoy!

Makes 20-24 cookies.

Inspired by Angela Liddon's Flourless Peanut Butter Cookies