

Healthy Almond Cookies

These are quick and easy to make and go great with a cuppa!

Equipment:

1 mixing bowl
Wire rack

Ingredients:

7 dates
1/3 cup water
1 ½ cups ground almonds
¼ cup coconut oil melted
¼ tsp baking soda
¼ tsp vanilla essence
Dash salt



Serves: About 12
cookies
Prep time: 10 minutes
Baking time: 10 minutes

Method:

1. Preheat oven to 175°C (350°F)
2. Line the tray with baking paper
3. Place dates and 1/3 cup water in blender (or food processor) and mix until pureed
4. Add all remaining ingredients into food processor and mix
5. Place dough in cling film and put in the fridge for 10 minutes
6. Spread dough out evenly and cut out cookies and place on tray
7. Bake for 7-10 minutes until golden brown
8. Remove from oven and let sit for a few minutes before removing to wire rack to cool

Top Tip: I usually double this recipe and store in an airtight container
If you need a little sweetness you could add some agave syrup and add less water