



Coconut Cookies

These cookies are gluten-free and grain-free. They are nicely browned and crisp on the edges with a soft, chewy interior. Coconut is highly nutritious and rich in fiber, vitamins, and minerals. It is classified as a "functional food" because it is used for both food and medicine. beyond its nutritional content. The almonds have protein and fiber helping lower the rise in blood sugar and insulin after meals. .The tahini adds a good source of calcium, but the flavor does not overpower the cookies.

3/4 cup raw, raw almonds
2 Tb finely ground flax seeds
1/8 tsp Celtic sea salt
2 cups unsweetened shredded coconut
1/2 cup pure maple syrup
1/4 cup tahini
1 tsp pure vanilla extract
2 Tb cacao nibs

Makes 14-16 cookies

- Preheat oven to 350 degrees. Lightly oil a 12" x 18" rimmed cookie sheet with coconut oil.
- In the bowl of a food processor, process the almonds, flax and salt together until they resemble a coarse meal, about the texture of cornmeal. The mixture should be very finely ground, without any identifiable pieces of almond visible.

- Add the coconut and pulse once or twice to combine.
- Pour the maple syrup, tahini and vanilla over the dry ingredients. Process again until everything is incorporated and the mixture forms a sticky ball (you may need to stop and scrape down the sides of the processor bowl once or twice). Stop as soon as the mixture holds together to avoid grinding the coconut too fine.
- Stir in the cacao nibs or chocolate chips by hand; do not process again.
- Using a small ice cream scoop or tablespoon drop small mounds of the mixture onto the cookie sheets about 1 inch apart.
- Wet your palms (or use a silicon spatula) and flatten the cookies slightly.
- Bake in preheated oven 10-12 minutes, rotating sheets about halfway through, until the cookies are just brown on the edges.
- Cool completely before removing to a cooling rack (the cookies will firm up as they cool). May be frozen.