

Coconut Vanilla Cookies

Makes: About 12 cookies

Ingredients

6 Tbsp Coconut flour
4 Tbsp coconut oil or butter (at room temperature/soft)
1 Tbsp Honey
1 egg - whisked
1 tsp vanilla extract



Instructions

Preheat oven to 360/180 degrees, line a baking tray with parchment paper.

Stir together all ingredients until a smooth dough forms. If using coconut oil, you may need to place the dough in the fridge for a few minutes and then re-stir to help combine the oil and flour,

Roll dough into balls and place on the prepared baking tray. Flatten the balls into cookies that are approx. 1 centimetre thick.

Bake until golden brown, approx. 9 minutes. Watch closely during the last couple of minutes to prevent overbrowning.

Cool on the baking tray completely before removing the cookies or they will crumble.

Store cooled cookies in the freezer. Cookies will be crunchier if eaten straight from the freezer or softer if eaten at room temperature.

Nutrition information:

Each Serving: per cookie

Kcal	75
Fat	5g
Net Carbs	2.4g
Protein	4g