

This is a recipe my sister-in-law Sarah made when her husband (my brother) announced he was switching to an alkaline diet right before his birthday. She figured out a way to make a low-glycemic cookie that tastes great — without a weird texture! These cookies are sturdy enough to be the "bread" parts of an ice cream sandwich. Sarah is a master at healthy hacks with traditionally not-so-healthy (but yummy) recipes. She runs an online yoga studio and spends a great deal of time researching healthy and delicious recipes. If you're looking for healthy recipes, you can find lots of them at her website: www.crossworksolutions.com!

Ingredients

1 ½ Cups Almond Flour

½ Cup Unsweetened, Desiccated Coconut

½ Teaspoon Baking Powder

¼ Teaspoon Baking Soda

½ Teaspoon Salt

8 Tablespoon Unsalted Butter, *melted and cooled*

½ Cup Honey

¾ Cup Creamy, Natural Almond Butter

1 Medium Egg

1 Teaspoon Vanilla

Optional Stir-ins: chocolate chips, nuts, dried fruit

Instructions

- Preheat oven to 375.
- Mix the dry ingredients in a bowl.
- In a separate bowl, mix the butter, honey, almond butter, egg, and vanilla on medium until silky smooth.
- Add half of the dry ingredient mixture, and mix on low until incorporated. Add the other half, and mix on low until cookie batter is formed.
- Optional: stir in the chocolate chips, nuts, or dried fruit.
- Scoop onto baking stone or cookie sheet with parchment paper.
- Bake at 375 for 12 - 15 minutes.
- Let cookies cool for 5 minutes before moving to cooling racks.