

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

Breakfast Cookies

Ingredients:

- 1/4 c coconut flour
- 1/2 c almond butter
- 6 pitted dates (warmed in water)
- 3/4 c unsweetened shredded coconut
- 1/2 c unsweetened applesauce
- 2 medium eggs
- 1/2 T cinnamon
- 1 tsp vanilla
- 1/4 tsp sea salt
- 1/2 tsp baking soda
- 3 T cacao powder
- Optional: chocolate chips, raisins, currants, cherries, nuts, etc.

Directions:

1. Bake at 350 degrees
2. Food processor mix almond butter, coconut flour and dates until combined
3. Add remaining ingredients (except optionals unless you want smaller chunks) process until combined.
4. Fold in optionals
5. Place spoonful on parchment paper. Shape into small round cookies. Press flat.
6. Bake 8-10 minutes depending on size.