

LOW FODMAP ALMOND COCONUT COOKIES

Ingredients:

- ¼ cup coconut milk
- ¼ cup organic grass fed butter (or cold pressed coconut oil), melted
- ¼ cup pure maple syrup
- 2 eggs (or 2 tbsp. flax mixed with 6 tbsp. water)
- 1.5 cups almond flour
- 1 cup shredded coconut
- 1 tsp. baking soda
- 1 tsp. baking powder
- ¼ tsp. salt
- 1/3 cup dairy free dark chocolate chips (optional)

Directions:

Preheat oven to 325 and line a baking sheet with parchment paper

In a small bowl, combine the milk, butter (or coconut oil), maple syrup, eggs and vanilla. In a separate bowl, combine the almond flour, coconut, baking soda, baking powder and salt. Add the dry ingredients to the wet ingredients until completely incorporated. Let the mixture sit for 10-15 minutes.

Scoop the mixture onto the baking sheet into 10 balls and gently flatten them with a fork. Bake for 18-22 minutes (check around 18 minutes) the bottoms should be nicely golden. Transfer to a cooling rack and let them cool completely before enjoying!

Nourishing Tip

When using maple syrup, be sure it is "pure maple syrup" by checking the ingredients, there should be no additives at all. Pure maple syrup has a lower glycemic index score than most sweeteners (54 vs. 65+), meaning it won't spike your blood sugar as drastically as other sweeteners. Maple syrup is less invasive on the GI tract so is easier to digest and because it is lower in sugar than most sweeteners, it can help maintain a healthy weight as most refined sugars contribute to obesity. That is not to say eat maple syrup in excess, but it is a preferred alternative to most refined sugars found in baked goods.