

Almond Flour Oat Cookies

by Carol Tenhagen Defrees

medium mixing bowl
measuring cups and spoons
electric beater
large mixing bowl
stirring spoon
spatula/plate scraper
2 cookie baking sheets

Do this

with these **ingredients**

1. **Preheat** the oven to 180°C/350°F.

2. **Grease or line** the cookie sheets.

3. In the medium mixing bowl, use the beater to **whip** until smooth

1 large **egg**
½ cup **rapadura/panela sugar**
½ cup **butter or chilled coconut oil**
1 TBS **honey or pure maple syrup**
1 tsp **pure vanilla extract**

4. In the large bowl, **mix** together

1½ cups **traditional rolled oats**
1 firmly packed cup **almond flour or meal**
½ cup **unsweetened shredded coconut**
½ cup **flaxseed meal**
½ cup **raisins or sultanas** (optional)
1 tsp **ground cinnamon**
1 tsp **baking powder**
1 tsp **baking/bicarb. soda**
½-1 tsp **pink or sea salt**

5. **Fold** the wet ingredients into the dry ingredients.

6. Using a tablespoon measure as a guide, **place** spoonful onto the baking sheets then **flatten** slightly.

7. **Bake** for 12 minutes or until browning at the edges.

