





Kylie Carmody

kylie@kyliescourage.com.au

www.kyliescourage.com.au

LIME & MACADAMIA COOKIES



The Goodies List ©

1 cup almond meal 2 heaped tblsp chickpea flour

1 tblsp vanilla 3/4 cup shredded coconut

1 tsp bi-carb 2 eggs

1 cup roasted macadamias (roughly smashed) 2 tblsp coconut oil

Zest and juice of 2 limes (adjust to suit your tastebuds...we like it zesty!)

2 tblsp Birch xylitol (or sweetener of your choice)

Always Bring Your Joy and Passion to Create @

2 bowls...In one bowl combine almond meal, chickpea flour, vanilla, coconut, bi-carb and macadamias. Mix well. In the second bowl whisk eggs and lime juice. Pour wet ingredients, into dry and mix, adding coconut oil at the same time. Stir well. You want a slightly moist consistency – not too wet and not too crumbly. Scoop a spoonful into your hand and roll until well combined...if it stays together and doesn't crumble or stick to your fingers then that's a good consistency. Otherwise I adjust the quantity of coconut oil. The size of your eggs also plays a role...I use around 700-800 gram organic eggs.

Once you have the consistency right, go ahead and place spoonfuls onto your lined baking try...I usually flatten them slightly with a fork dipped in a little coconut oil. You can see the size of mine, just adjust the sizings to your liking. Our daughter loves really big cookies!

This mixture makes approx. 15. Bake in 170 degree oven for approx. 12 minutes. Cool on a wire rack and enjoy!

