

Gastrochef's High-Protein Cookies

Ingredients

3 cups almond flour
1 cup coconut flour
1/3 cup coconut oil (Or 1/2 cup butter-melted)
1/2 cup honey
2 eggs, beaten
2/3 cup pumpkin puree
1 tsp baking soda
1/4 tsp salt
1 tsp vanilla extract
1/2 tsp almond extract
1/2 cup raisins
1.5 tsp cardamom
1 tsp cinnamon (optional)
1/2 cup chopped pecans
1/2 cup chopped walnut
1 cup unsweetened coconut
1/2 cup pecans
1/2 cup dried cranberries
1/2 cup silvered almonds
1 cup pumpkin seeds
1/4 cup flax seeds
1/3 cup SCD yogurt (Or natural gelatin free yogurt)

Directions

1. Preheat oven to 350C
2. Mix together pumpkin puree, yogurt, honey, eggs, almond and vanilla extract and coconut oil to form a liquid base
3. In a separate bowl mix together coconut and almond flour, cardamom, salt and baking soda
4. Mix together flour mixture and liquid base.
5. When mixed well, add nuts, coconut, raisins, cranberries
6. This should make a doughy cookie mixture. Form cookie balls that are about 2-inch by 2-inch.
7. Bake for 13-16 minutes
8. Check cookies after 13 minutes to determine if they need to be cooked longer
9. They should remain soft after baking rather than tough and dry.