



ALLERGIES:

No grains
No dairy
No gluten
Low disaccharides

Prep time: 15 + 30 mins

Cook time: 10 mins

Makes: 15 biscuits

COCONUT BISCUITS



INGREDIENTS

- 1 1/2 cups almond meal
- 1/4 cup cacao nibs
- 1/2 cup shredded coconut, (unsweetened)
- 1 tsp baking powder
- 1/4 tsp salt
- 1/2 cup dextrose
- 1 egg
- 1/3 cup coconut oil (melted)
- 1 tsp vanilla essence

METHOD

- Preheat oven to 190° (375°F)
- In a large bowl combine almond meal, cacao nibs, coconut, baking powder, salt and dextrose (or natvia).
- In another bowl, beat eggs until they double in volume.
- Beat in coconut oil and vanilla.
- Add dry ingredients and mix until just combined.
- Place in the refrigerator for at least 30 minutes.
- Roll dough into 2cm balls and place on a baking paper lined oven tray.
- Press each one down slightly with a fork.
- Bake until browning, about 10 minutes.
- Remove from oven, and cool on a wire rack.