



FIG AND CINNAMON COOKIES

ALLERGIES:

No grains
No dairy
No eggs
No gluten
Low disaccharides

Prep time: 10 mins

Cook time: 12-15 mins

Serves: 12-14 Cookies



INGREDIENTS

- 1 cup ground almonds
- ½ cup cauliflower flour
- 1 tsp baking soda
- 1 tsp baking powder
- Pinch pink salt
- 2 tsp ground cinnamon
- 2 tbsp rice malt syrup or honey
- 2 tbsp coconut oil
- 2 tsp vanilla extract
- ½ cup chopped dried figs (4-5 figs)
- 15 whole almonds

METHOD

- Preheat oven to 180°C and line an oven tray with baking paper.
- Combine dry ingredients in a bowl, and mix well.
- In another bowl add rice malt syrup, coconut oil and vanilla and heat in microwave for 1 minute.
- Add wet ingredients to dry ingredients, mix well and stir in figs.
- Roll into almond size balls and place on oven tray.
- Press with a fork to flatten, and press an almond onto each cookie.
- Bake in prepared oven for 12-15 minutes.
- Remove and cool on wire rack.