



LUPIN FLOUR CHOC CHIP COOKIES

ALLERGIES:

No grains
No dairy
No gluten
Low disaccharides

Prep time: 10 mins

Cook time: 12-14 mins

Serves: 12 cookies



INGREDIENTS

- 100g coconut oil (solid)
- 1/2 cup brown natvia
- 2 egg yolks
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1 tsp vanilla extract
- Lg pinch pink rock salt
- 150g almond flour
- 13 g lupin flour
- 1/2 cup vegan, sugar free choc chips

METHOD

- Preheat oven to 180°C
- Combine both flours in a bowl and mix well.
- Beat solid coconut oil and natvia in mixer until creamy.
- Add eggs, baking powder, baking soda, vanilla and salt and mix until smooth.
- Add flour mixture, and mix until it becomes a sticky dough, then stir in choc chips.
- Line an oven tray with baking paper and roll dough into walnut size balls.
- Place on tray, 4-5cm apart, do not flatten. (Should be about 12 biscuits)
- Bake for about 12 minutes, noting that they harden up once cooled.
- Leave to cool on the tray, as they are very soft and moist while hot.

NOTE: LUPIN FLOUR HAS A PROTEIN THAT CAN CAUSE AN ALLERGIC REACTION TO SOMEONE WITH A PEANUT ALLERGY.