

## Recipe: Clean Sugar Cookies

These cookies are so awesome that when I bit into the first one, I practically shouted in triumph. They are modified from a recipe in the book “nourishing Meals” by Alissa Segersten and Tom Malterre. These are great for a dessert defense strategy. I wouldn’t even tell anyone they are clean – no one will notice anyway as they scarf them down ☺ This recipe is also fairly easy. You need a food processor and a rolling pin.

### Ingredients:

#### *Dry*

- 1 ¼ c almond flour
- 1 cup shredded coconut (unsweet)
- ½ c arrowroot powder
- ½ tsp baking powder
- ¼ tsp baking soda
- pinch sea salt

#### *Liquid*

- 6 T coconut oil
- 4 T applesauce (unsweet)
- 1 tsp vanilla extract
- ½ tsp lemon flavoring
- ½ tsp butter flavoring
- about one dropperful of vanilla crème stevia drops

### Directions:

Combine dry ingredients in a food processor and blend until they are combined into a fine flour. Add the liquid ingredients, one at a time. A dough ball will form. Take the dough out, place in a bowl, cover and place in the fridge for an hour.

Preheat the oven to 350F

Take the dough out, and roll between 2 pieces of parchment. Roll it evenly to about ¼- 1/8 inch thickness. Using cookie cutters (I actually just used the top of a glass), cut out shapes from the dough and place on a cookie sheet sprayed with non-stick coconut spray, or lined with parchment paper. Depending on how thin you roll, this will yield 15-24 cookies.

Bake for about ten minutes, until golden brown. Cool on a wire rack.

After cool, I recommend placing them in the fridge or freezer to optimize texture. They defrost in minutes. Serve with glee ☺