

# Healthy Nut Butter Cookies



## Ingredients

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- 2 heaped tablespoons of nut butter
- 3 tablespoons of dessicated coconut
- 3 tablespoons of coconut oil
- 1/2 cup of almond meal
- 1/4 cup of rolled oats
- 4 medjool dates chopped
- A nip of vanilla essence
- 1/2 teaspoon of baking powder
- 2 teaspoons of maple syrup or raw honey
- a pinch of himalayan sea salt

## Method

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1. Preheat oven to 170 degrees
2. Mix nut butter with coconut oil and vanilla essence
3. add the baking powder, dates and mix further
4. add remaining ingredients and form into a dough (if too dry, add some extra coconut oil. If too wet, add extra almond meal)
5. Form into cookies the size of a 50c piece and press down slightly
6. Place the cookies on a baking tray lined with baking paper
7. bake for 10 minutes or until lightly golden brown taking care not to burn the cookies
8. Let them cool for 15 minutes and enjoy!

These will keep well in the fridge in a container for up to a week if they last that long!