

Almond Cookies

Sharon Benedict

Home Harvest, Healthy Eating on Rotation

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Day 4 Rotation; This experiment came out much better than I thought. Even my husband likes them. That is saying something!

Day 4 Rotation, Desserts-Cookies & Bars

Servings: 24

Yield: 24 unit

1/2 cup rice flour

1/2 cup millet flour

1/2 teaspoon baking soda

1/4 teaspoon sea salt

2 each duck egg white

2 tablespoons almond milk

1/2 teaspoon nutmeg

1/8 teaspoon ginger

1/2 teaspoon almond extract

1/2 cup Almond butter

1/2 teaspoon lemon juice

1/4 cup dried apricot, chopped

1/4 cup almond slivers

1/2 cup honey



Mix milk and egg whites together first. Then add almond butter, almond extract, lemon juice, and sweet potato (see notes: optional). Mix well.

Then stir in almond slivers.

In a separate bowl mix flours, baking soda, sea salt, nutmeg, and ginger.

Pour dry ingredients into almond butter mix. Stir until blended well.

Place parchment paper on a cookie sheet. Drop no larger than 2 inch spoon of cookie dough on cookie sheet. Press down slightly with an almond sliver or two. Keep cookies at least one inch apart.

Bake in preheated oven at 375 deg F for 10-12 min. Cool cookies on a rack for about 15 minutes or so before storing. While still very warm drip a little honey on each cookie to sweeten up a little more. Cookies freeze well.

Preparation

Time: 30 minutes

Start to Finish Time: 1 hour

You can add 2 tablespoons mashed sweet potatoes for an added flavor. The consistency should work. However, consider adding another 1-2T. millet flour if necessary.

Per Serving (excluding unknown items): 97 Calories; 4g Fat (36.4% calories from fat); 2g Protein; 14g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 48mg Sodium.

Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.