

KINGSTON COOKIES

MAKES AROUND 10 - 12

These are so good! Morish, healthy, delicious. Just makes sense to have these on hand as a snack, healthy treat or to share with friends and family. I actually created this recipe when 6 of my friends all birthed within a few weeks of each other and we had mealtrains for them. These can double as breast cookies - flax and oats can help stimulate breast milk and boost blood (which boosts breast milk).

Ofcourse you don't need to be a new mama to enjoy these - they're great for anyone and all ages. They are great a breakfast cookie, for lunchboxes or afternoon pick-me-ups too. Also they are very quick to make and as always made from plant powered staples so easy to whip up anytime. Enjoy x

Preparation: 5 - 10 minutes Cooking time: 15 - 20 minutes Needed: nutribullet / food processor

2 tablespoon flaxseeds (linseeds)
1 + 1/4 cup (100g) oats, whole rolled
1/2 cup (25g) coconut flakes, big flat ones
3/4 cup (100g) almonds, dry roasted or almond meal (will make them smoother texture)
1/3 packed cup (50g) coconut sugar
2 teaspoon cinnamon
1 teaspoon baking powder
little salt to taste
1/3 cup + 2 tablespoon (100ml) water, filtered

1. Preheat fan-forced oven to 180c.
2. Using a nutribullet (or foodprocessor) blitz the flaxseeds, almonds, oats and coconut SEPARATELY to ensure they are fine and not creating a thick paste (due to the natural oils). Nb: if using a nutribullet, shake it side to side when blitzing things like the almonds and coconut. Don't overblitz or it can create a thick butter consistency instead of powder.
3. Add each of the blitzed powders (almonds, coconut, flax, oats) to a large bowl. Add all other dry ingredients and stir well, using the back of a spoon to press out any lumps.
4. Add the water and combine well to make a cookie batter consistency.
5. Line a tray with baking paper (or silicone baking sheet) and spoon out heaped tablespoons of batter and roughly pat flatter.
6. Bake for 15 - 20 minutes or until crispy and golden brown.
7. Store in an airtight container.

Enjoy xx

