

# Let's Eat

Healthy fast food & dessert + a mix of lifestyle tips

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**2-bite cookies!** And on that note, our recipe this month is indeed sweet, and the smells of vanilla and sugar coming from the oven fill the house. Cookies are guilt free unless you eat the whole batch. No gluten or dairy, all ingredients are unprocessed. I've learned **you can have your cookies and eat them too...** so go ahead, start your New Year with sweet indulgences!

**To Serve** Plate the cookies and add a fresh flower, brew a cup of java or pot of tea. Quite rich, you will find two quite filling. Chew slowly it aids digestion... take in the 'heavenly' complex layers and savor.

## – Almond Butter Cookies – Dairy & Gluten Free

with 90% cocoa – dark chocolate chunks

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- + Preheat oven to 350° ;  
Bake 10-12 minutes
- + Makes 20-24 round cookies –  
35-40 in mini cupcake papers
- + Place chocolate bar in freezer.  
Whack several times on the  
edge of the counter to break  
into small pieces.



### INGREDIENTS + PREPARATION

- + 1 cup raw unsalted almond butter, stirred first to incorporate any oil sitting on top
- + 1/4 - 1/2 cup palm sugar or Rapidura dehydrated raw cane sugar (taste dough for sweetness level; you can always add more to taste but you can't take it out)
- + 1 large organic egg, whisked lightly with a fork
- + 1 tsp organic vanilla, or vanilla powder
- + 1/2 tsp organic baking soda
- + 1/4 tsp Himalayan salt
- + 3.5 oz Bar Lindt 90% cocoa – Supreme Dark Chocolate broken into small pieces

**option** 1/4 cup chopped walnuts

1. Stir first six ingredients together in a medium bowl until blended, not whipped. Stir in chocolate pieces and nuts: refrigerate mixture for 30-45 minutes
  2. Drop rounded tablespoons onto parchment lined baking sheets or fill mini muffin papers 3/4 full.
  3. Bake for 10-12 minutes, or until golden brown. Remove from oven and cool on wire rack. They will be quite soft so let them cool thoroughly to firm up. Do not overbake, they will be dry.
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