
“The Sugar Cookie”

Variation 1: Thick & Crumbly (makes approximately 6 cookies)

This version of the sugar cookie is my preference. It makes a great dessert cookie, but it also goes particularly well as a galette with coffee/tea.

Ingredients:

- ½ cup of organic almond flour (not almond meal)
- 1 heaping tsp melted, unrefined organic coconut oil
- 2 TBS organic, unsweetened, shredded coconut
- 1 TBS local, pure maple syrup

Directions:

- Preheat oven to 350 degrees.
- If serving the cookies right away, I recommend putting the serving plate in the freezer while you make the recipe to help the cookies cool faster.
- Blend the almond flour and shredded coconut into a fine flour. You can use a food processor to do this, or you can use a coffee grinder to grind the coconut and then mix it in a bowl with the almond flour.
- Add the maple syrup and coconut oil together and combine thoroughly into a cookie dough. The dough will be moist, but malleable.
- Using a tablespoon dipped briefly in warm water, spoon cookies onto a baking sheet lined with parchment paper. Each cookie will therefore be about the size of the tablespoon.
- Once the cookie drops are placed on the pan, use a fork (dipped briefly in warm water) to press into the dough. This flattens the cookie and creates a pattern on the top of the cookie.
- Bake in the oven for 7-8 minutes until there is a cookie aroma and the sides/bottom of the cookies are just starting to brown.
- ***The cookies will be extremely soft at this point. That is okay. Once you remove them from the oven, allow them to completely cool before eating.
- ***To hasten this process, you can use a metal flipper to carefully scoop the soft cookies from the baking sheet onto a serving plate that you kept in the freezer while making the cookies.
- Best served right away in my opinion :).

Variation 2: Thin & Crispy (makes approximately 6 cookies)

This version of the sugar cookie is my husband's preference because of its crispiness. It is definitely sweeter, so it really only sensible as a dessert. Still best avoided for those actively trying to lose weight.

Ingredients:

- ½ cup of organic almond flour (not almond meal)
- 2 heaping tsp melted, unrefined organic coconut oil
- ¼ cup organic, unsweetened, shredded coconut
- 2 TBS local, pure maple syrup

Directions:

- Preheat oven to 350 degrees.
- If serving the cookies right away, I recommend putting the serving plate in the freezer while you make the recipe to help the cookies cool faster.
- Blend the almond flour and shredded coconut into a fine flour. You can use a food processor to do this, or you can use a coffee grinder to grind the coconut and then mix it in a bowl with the almond flour.
- Add the maple syrup and coconut oil together and combine thoroughly into a cookie dough. The dough will be extremely moist and sticky.
- Using a tablespoon dipped briefly in warm water, spoon cookies onto a baking sheet lined with parchment paper. Each cookie will therefore be about the size of the tablespoon.
- The cookies will flatten in the oven, so you do not need to flatten them.
- Bake in the oven for 7-8 minutes until there is a cookie aroma and the sides/bottom of the cookies are just starting to brown.
- ***The cookies will be extremely soft at this point. That is okay. Once you remove them from the oven, allow them to completely cool before eating.
- ***To hasten this process, you can use a metal flipper to carefully scoop the soft cookies from the baking sheet onto a serving plate that you kept in the freezer while making the cookies.
- Best served right away in my opinion :).

Variation 3: Almond Bliss (makes approximately 12 cookies)

This version of the sugar cookie is more elegant than the first two. They are crunchier with the nuts on top, and have a strong almond aroma and flavor. Perfect to serve with coffee or tea, and to share with friends.

Ingredients:

- 1 cup of organic almond flour (not almond meal)
- 1 TBS melted, unrefined organic coconut oil
- 1/8 tsp almond extract
- 3 TBS local, pure maple syrup
- 2-4 TBS of sliced almonds

Directions:

- Preheat oven to 350 degrees.
- If serving the cookies right away, I recommend putting the serving plate in the freezer while you make the recipe to help the cookies cool faster.
- Mix the almond flour, maple syrup, almond extract and coconut oil together in a bowl.
- The dough will be extremely moist and sticky.
- Spoon small stone-sized drops of batter onto a baking sheet lined with parchment paper.
- Sprinkle sliced almonds atop each cookie, gently pressing the almonds into the batter a bit to help them stick.
- Bake in the oven for 10 minutes until there is a cookie aroma and the sides/bottom of the cookies are just starting to brown.
- When they are almost done, press the tops of each cookie gently with a spatula to ensure the almonds bake into the cookies, and that they flatten well.
- ***The cookies will be extremely soft at this point. That is okay. Once you remove them from the oven, allow them to completely cool before eating.
- ***To hasten this process, you can use a metal flipper to carefully scoop the soft cookies from the baking sheet onto a serving plate that you kept in the freezer while making the cookies.
- Best served right away in my opinion :).