

Easy Coconut Cookies (AIP, gf, df)



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Ingredients

1. $\frac{1}{3}$ cup Ghee, melted (for AIP, use avocado oil or refined coconut oil)
2. $\frac{1}{4}$ cup maple syrup
3. 1 Tb Gelatin
4. $\frac{1}{4}$ tsp Baking soda
5. 1 teaspoon Apple Cider Vinegar
6. $\frac{1}{3}$ cup Coconut flour
7. $\frac{1}{8}$ teaspoon sea salt

Instructions

1. Mix oil and maple syrup.
2. Sprinkle gelatin over the mixture and stir very well, then sprinkle baking soda into mixture and stir very well.
3. Add coconut flour and salt and stir well to combine.
4. If using a cookie scoop, scoop 1-Tb-sized balls onto parchment-lined jelly roll pan.
5. If rolling balls with hands, place dough in the refrigerator for about 20 minutes, then roll into 1-Tb-sized balls and place on prepared pan.
6. Pat down gently to flatten into rounds.
7. Bake at 350 for approximately 6 to 8 minutes or until they just turn golden brown.