

Almond Flour Recipes

Hidden Jem "Butter" Cookies



Yield: 12 cookies

Ingredients

- 2 1/2 cups JK Gourmet blanched almond flour
- 3 medjool dates, pitted, quartered and rolled into a ball
- 1/4 cup coconut oil, melted
- 1/4 cup coconut sugar
- 1 flax egg [1 tbsp ground flax + 3 tbsp water]
- 1 tablespoon vanilla extract
- 1/4 teaspoon celtic sea salt

Directions

1. Preheat your oven to 350F and line a cookie sheet with parchment paper or a silicon baking mat. Set aside.
2. In a small bowl, whisk almond flour, sugar, and salt until combined.
3. In a larger bowl, combine coconut oil, flax egg and vanilla extract. Add dry to wet and mix until incorporated.
4. Separate dough into 2 balls, cover with parchment paper, and place in the freezer for 20 minutes.
5. Once complete, spoon 2 tbsp of dough in your hand and flatten, then place 1 date ball in the middle and fold the dough over top. Roll the dough in between your hands to make a ball [make sure you can't see the date!], then press down to make a bit flatter. Place on the prepared cookie sheet and continue with the remaining dough.
6. Bake for 10-12 minutes or until golden.
7. Remove from oven and let cool.

Cinnibun Oat Streusel Muffins



Yield: 8 muffins

Ingredients

- 1 cup JK Gourmet blanched almond flour
- 2 tbsp coconut flour
- 1/2 tsp baking soda
- 1/4 tsp celtic sea salt
- 3 organic eggs
- 1/3 cup coconut sugar/palm sugar
- 1/4 cup extra virgin coconut oil, melted
- 1 1/2 tbsp coconut cream – the top cream from a can of full fat coconut milk
- 1 tablespoon vanilla extract

Streusel topping

- 1/4 cup uncontaminated quick oats or oat flakes
- 2 tbsp extra virgin coconut oil, melted
- 2 tbsp unsweetened shredded coconut
- 1 tbsp coconut sugar
- 1 tbsp cinnamon

Directions

1. Preheat oven to 350F and line a muffin pan with 8 muffin liners. Place a couple of tablespoons of water in the unused tins to prevent your muffin pan from burning. Set aside.
2. Mix oats, coconut sugar, cinnamon, coconut oil, and coconut in a small bowl. Set aside.
3. Combine almond flour, coconut flour, baking soda and salt in a medium bowl.
4. In a large bowl, blend together eggs, coconut sugar, coconut oil, milk and vanilla.
5. Blend dry ingredients into wet and scoop a 1/4 cup at a time into prepared muffin cups.
6. Spoon topping onto muffins and bake for 20-22 minutes, or until toothpick inserted comes out clean.
7. Allow to cool in the tin for 3 minutes before removing to a cooling rack and allowing to cool for an additional 10-15 minutes.

Strawberry Shortcake Sandwiches



Ingredients and Directions

Strawberry filling

- 1.5 cups strawberries, sliced [about 1/2 lb]
- 8 strawberries, pureed
- 1 tsp lemon juice
- 1/2 tsp pure vanilla extract
- 1/4 tsp arrowroot starch
- Pinch white stevia powder

Heat strawberry puree, lemon juice, vanilla, and stevia in a small saucepan over medium heat until boiled. Remove from heat, whisk in arrowroot starch, then sliced strawberries. Set aside.

Sweet cinnamon biscuits

- 1 1/4 cups JK Gourmet blanched almond flour
- 1 tsp ground cinnamon
- 1/2 tsp baking powder
- 1/8 tsp Himalayan rock salt
- 2 tbsp soy free earth balance
- 2 tbsp coconut/palm sugar
- 1 1/2 tbsp non-dairy milk
- 1 flax egg [1 tbsp freshly ground flax + 3 tbsp water]

Preheat oven to 350F and line a cookie sheet with parchment paper or a silicon baking mat. Set aside.

Combine water + flax seed in a small bowl and set aside. In a large bowl, combine the almond flour, cinnamon, baking powder, and salt.

In a small bowl, blend earth balance, sugar, milk, and egg. Stir the wet ingredients into the dry mixture until thorough combined. Drop the batter 1/4 cup at a time onto the prepared baking sheet making sure there is at least 1.5" between each biscuit.

Bake for 15-20 minutes [mine took 16 minutes], until golden on the tops, or until toothpick inserted comes out clean. Once complete, all to cool on a wire rack at room temperature.

Vegan whipped cream

- 1 can of full fat coconut milk, chilled in the fridge overnight
- 1/2 tsp pure vanilla extract
- 2 tbsp palm/coconut sugar, ground in coffee grinder
- 1 chilled glass bowl

Pierce the bottom of the chilled can of coconut milk to drain out the liquid portion of milk. Then, open the top of the can and drop the solid milk and vanilla extract into the chilled glass bowl. Beat with hand mixer for 15 seconds before adding powdered coconut sugar and blending for another 15 seconds. Place back in fridge until ready to use.

The final product

Slice biscuits in half crosswise. Divide the strawberries evenly over the 4 biscuit bottoms. Top each with 1 tbsp of the whipped cream, cap with biscuit tops and finish with a dollop of whipped cream. Sprinkle with cinnamon and serve!

Healthful Pursuit

Leanne Vogel is the writer, and Holistic Nutritionist behind Healthful Pursuit, a gluten-free and sugar-reduced food blog that documents her passion for healthy treats, whole food eats, and balanced living.

Check out these, and more healthful recipes at www.healthfulpursuit.com