

# Food Babe's Low Sugar Cookies



Prep Time:	Cook Time:	Total Time:	Serves:
5 mins	15 mins	20 mins	20

<https://foodbabe.com/does-your-cookie-need-all-that-sugar>

## Ingredients:

- ½ cup coconut oil, melted
- ¼ cup coconut sugar
- 1 large egg
- 1 teaspoon vanilla extract
- 1 ¼ cups almond flour (nut allergy - use spelt flour)
- 1 ¼ cups old fashioned oats
- ½ teaspoon baking soda
- ½ teaspoon sea salt
- 2 teaspoons ground cinnamon
- ½ cup walnuts, chopped
- ½ cup dried currants

## Instructions:

1. Preheat oven to 350° F.
2. Place the coconut oil, sugar in a bowl and stir until well combined.
3. Add egg and vanilla extract and stir for another minute until smooth.
4. Add rest of ingredients and stir.
5. Place dough mixture in fridge or freezer for 10 minutes.
6. Using an ice-cream scooper, scoop out dough and press each cookie on silpat or parchment paper lined baking pan.
7. Bake for 15 minutes or until golden brown.
8. Cool at least 7 minutes and serve.

## Notes:

- Choose all organic ingredients if possible