

## SANDWICH COOKIES

### INGREDIENTS:

#### COOKIE:

- ❖ Coconut flour ¾ Cup
- ❖ Almonds (finely ground) ¼ cup
- ❖ Flax seeds or flax meal ¼ Cup
- ❖ Cocoa powder 2 TBSP
- ❖ Sea salt ¼ tsp
- ❖ Baking powder ¼ tsp
- ❖ Vanilla ½ tsp
- ❖ Butter 6 TBSP
- ❖ Honey 1 TBSP
- ❖ Sunflower seed butter 1 TBSP
- ❖ Eggs 2 ea.

#### FILLING:

- ❖ Cream cheese 4 oz.
- ❖ Butter 2 TBSP
- ❖ Vanilla ½ tsp
- ❖ Honey 2 TBSP
- ❖ Heavy cream ¼ Cup

Yield: Approximately 13 cookies

### METHOD:

#### COOKIE:

1. Grind almonds to a fine powder (coffee grinder works well for this)
2. Sift coconut flour, cocoa powder, into large mixing bowl.
3. Stir in almonds, flax and salt.
4. In a separate bowl whisk together the butter, eggs, honey, sunflower seed butter and vanilla.
5. Gradually add the wet ingredients to the dry and stir 'til it forms a thick dough.
6. Roll out the dough and, using a cookie cutter or similar instrument; make your cookie shapes (I used a cutter about 2in in diameter). You should make around 26.
7. Bake these on a lined baking tray at 375 for 7 minutes. Remove and let chill in the fridge while you work on the filling.

#### FILLING:

1. Using an electric whisk or blender cream together all the above ingredients.
2. When they are thoroughly blended place around a heaped tsp's worth on each cookie. You don't want to go overboard here because if the cookie is over-filled, the creamy goo will squish out on either side as you try to eat it.
3. Sandwich the filling between two cookies.
4. Store in the fridge until ready to eat.

