

Recipe: Nutty Biscuits from 'Healthy Hormones'

by Peter Rigby | Apr 5, 2018 | Books, Cafe Society, Expert Advice, Health, Nutrition, People, Yum

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*Who'd have thought such decadent dainties could be so good for you? Try these delicious nut biscuits from the new Belinda Kirkpatrick and Ainsley Johnstone book **Healthy***

Hormones (Murdoch Books). These yum bickies are just one of many healthy, tasty dishes in the tome that are fab for balancing your hormones – and titillating the tastebuds.

These biscuits are a great treat to take into the office so that you are not tempted by the office biscuit tin after lunch! They are full of nutritious ingredients and are a great source of protein and ‘good’ fats, essential for boosting concentration and focus. These biscuits are also a great source of fibre, which is important for a healthy digestive system and supporting hormonal balance.

Preparation 10 mins

Cooking 20 mins

Makes 12 biscuits

Ingredients

100 g (3½ oz/1 cup) almond meal

30 g (1 oz/¼ cup) coconut flour

2 tablespoons desiccated coconut

30 g (1 oz/¼ cup) chopped walnuts

40 g (1½ oz/¼ cup) chopped dates

80 g (2¾ oz) butter, melted

1 teaspoon vanilla paste

1 tablespoon pear juice concentrate

1 tablespoon honey

1 egg, whisked

chocolate drizzle (optional): 1 teaspoon raw cacao powder

mixed with 1 teaspoon coconut oil

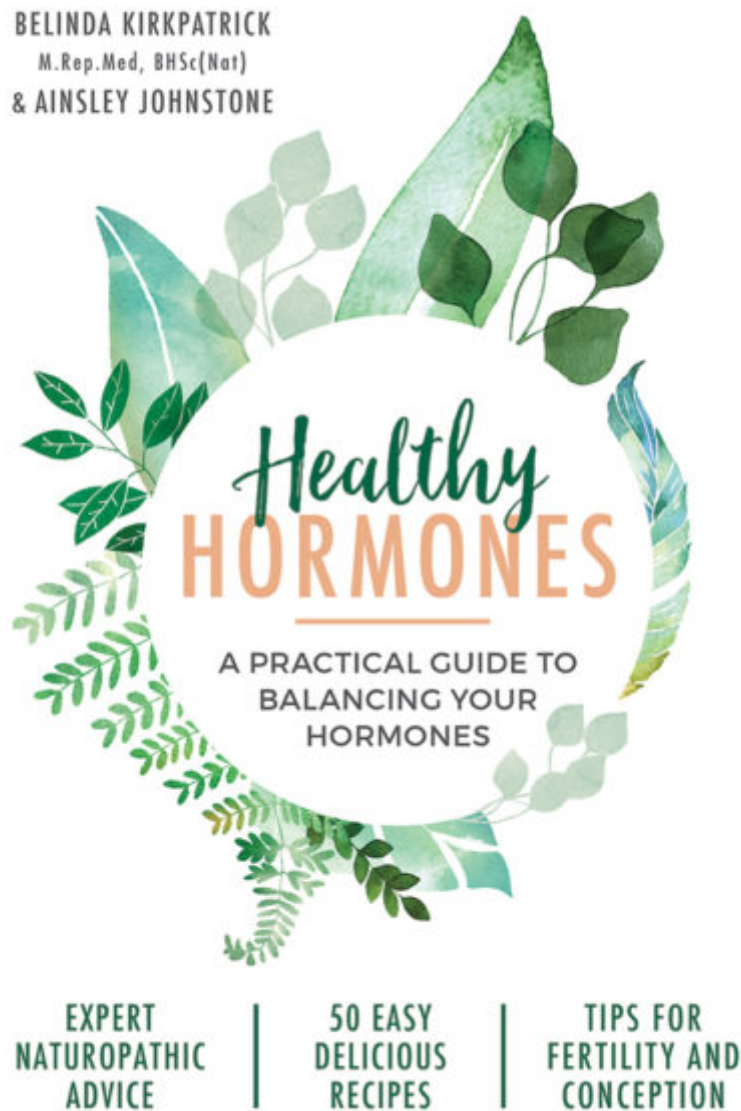
Method

Preheat the oven to 180°C (350°F). Line a baking tray with baking paper. Put the almond meal, coconut flour, desiccated coconut, walnuts and dates in a bowl and mix well.

In a separate small bowl, stir together the butter with the vanilla, pear juice concentrate and honey. Add to the almond mixture. Add the egg and mix well so that it all comes together like dough.

Roll small amounts of the mixture into flattened balls and place them on the tray, leaving a space between each ball. Bake for 20 minutes or until slightly golden on the edges.

For the chocolate drizzle, melt the ingredients in the microwave for about 1 minute and drizzle over the top of the biscuits. Pear juice concentrate can be bought in health-food stores.



Healthy Hormones by Belinda Kirkpatrick and Ainsley Johnstone (Murdoch Books RRP \$35.00). Photography by Ainsley Johnstone

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About the Author



Peter Rigby

Peter Rigby is co-publisher of The Starfish and has worked in journalism, photojournalism, communications and multimedia in Australia, the US, Asia and Europe. His Perth-based company Rigby Transmedia - www.rigby-transmedia.com - specialises in media, social networking, photography, multimedia, digital marketing, written content and publishing. Peter has penned eight books and is manager of Rocket Frog Books, the Rigby Transmedia publishing unit. He lives in Perth and travels when time permits. Peter can be contacted on email peter@rigby-transmedia.com or phone +61419934288.

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