

Outlet

Good Health



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68 Good Health

Nut biscuits

» MAKES 12 BISCUITS

These are a great office snack so you're not emptying the biscuit tin after lunch. They're also a nutritious ingredient source of protein for boosting collagen. They're also a great source of iron which is important for your immune system and supports energy levels.

100g (1 cup) almond flour
30g (¼ cup) coconut flour
2 tbsp desiccated coconut
30g (¼ cup) cacao powder
40g (¼ cup) egg whites
80g butter, melted
1 tsp vanilla extract
1 tbsp pear juice
1 tbsp honey
1 egg, whisked
Chocolate drizzle
raw cacao powder
coconut oil

- 1 Preheat the oven to 180°C (350°F).
- 2 Put the almond flour, coconut flour, cacao powder and mix well.
- 3 In a separate bowl, mix the butter with the concentrate and almond mixture well so it all comes together.
- 4 Roll small amounts of the mixture into flattened balls, about 1cm in diameter, and space between them.
- 5 For the drizzle, mix the raw cacao powder with the coconut oil and microwave for 30 seconds.

NOTE

Pear juice concentrate is a healthy addition to your diet.

