



Preparation

oven, mixing bowl, mixer, baking tray

total time 60 min

preheat oven 200°C

gas oven mark 6

Ingredients

100% all- natural
roasted cashew butter 240 g
(almond or peanut butter will also work)

coconut sugar 5 tablespoons

maple syrup 3 tablespoons

vanilla extract 1 teaspoon

ground flaxseed/linseed 2 tablespoons

bread soda/ bicarbonate of soda ½ teaspoon

baking powder ½ teaspoon

coarse sea salt (optional) pinch

Cashew Butter Cookies Makes 16

Put all the ingredients into a bowl and stir to combine.

Place in the fridge for 30 minutes.

Form the cookie dough into 16 balls, just smaller than golfball size. Press gently between the palms of your hands to slightly flatten (they will spread just a little while baking; the more you flatten them before baking, the Thinner and flatter the cookies will be).

Place on a non-stick baking tray a few centimetres apart. Optional (but recommended!): sprinkle each with a pinch of coarse sea salt. Bake in the oven for 7-8 minutes for a soft, light, melt-in-the-mouth cookie- you can cook them for a couple of minutes longer for a crisper result.

Allow to cool for 5 minutes on the tray, then transfer to a wire rack to cool fully.

Store in an airtight container for up to 5 days.