Cookie Cups

Recipe 🖢

- ¾ cup almond flour
- 6 graham crackers
- 2 Tbsp almond butter
- 1 tsp flax seeds
- ½ tsp vanilla extract
- 1 tsp salt
- ¼ cup maple syrup
- *See filling instructions for the rest of the ingredients you'll need

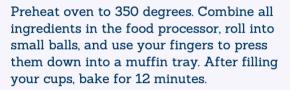
Chocolate Filling

For chocolate filling: ½ cup chocolate chips (dairy-free, preferred). 2 Tbsp coconut oil. Melt and combine

Vanilla Coconut Filling

Mix 2 Tbsp coconut butter, 1 Tbsp maple syrup, ½ tsp vanilla, and 1 tsp almond milk. Fill your cups, add some flaky salt, place in the fridge until they set.

Directions 😓





3 HOMEMADE COOKIE RECIPES

Breakfast Cookies

Recipe 💪

- 1 cup old fashioned oats (GF, if needed)
- 1 ripe banana
- ½ cup walnuts (or another nut of choice)
- ¼ cup pumpkin seeds
- ¼ cup dry cherries (or raisins)
- ¼ cup chocolate chips (optional)
- 1 egg
- 1 Tbsp melted coconut oil
- 1 Tbsp flax seeds
- 1 Tbsp maple syrup.
- 1 tsp baking powder
- ½ tsp cinnamon
- 1/8 tsp vanilla extract
- ¼ tsp salt

Directions 😓

Preheat oven to 350 degrees. Mash the banana and combine all wet ingredients then all dry ingredients. Shape the mix into cookies using a spoon or a 1/4 measuring cup—Bake for 13 minutes.



Thumbprint Cookies With Fig Butter

Recipe 🖢

- 2 cups almond flour
- ¼ cup coconut oil, softened
- ¼ pure maple syrup
- 1 tsp vanilla extract
- ½ tsp almond extract (optional)
- ¼ tsp fine sea salt

Directions 😓

