

Healthy Maple Pecan Shortbread Cookies (Gluten-Free, Dairy-Free, Paleo)

INGREDIENTS

- 2 cups almond flour
- 1/2 t. sea salt
- 1 t. vanilla extract
- 1/2 cup coconut oil
- 1/4 cup maple syrup (or 45-50 drops stevia + gelatin egg*)
- 1/2 cup rolled oats (optional)
- 1 cup pecans (chopped, if not using a food processor)



DIRECTIONS

Preheat oven to 350°. (*If using stevia, make gelatin egg by sprinkling 1 T gelatin over 3 T water, stir and let sit for 5 min., then microwave a few seconds or heat on stove until just melted. Add to dough with wet ingredients.)

Combine almond flour, salt, and vanilla in food processor or large bowl. Add coconut oil and maple syrup and pulse or mix until dough forms. Add pecans and oats and pulse until mixed together and nuts are chopped to desired fineness.

Scoop onto lined cookie sheets with cookie scoop (or spoon) and flatten with fingers.

Bake at 350° for 8-12 minutes until bottoms and edges are just starting to turn golden brown.

Let cool, and enjoy! Makes about 2 dozen cookies. These freeze beautifully, too!