

Macro Teff & Coconut Cookies



MAKES 8-10 COOKIES; 2 PER SERVE

Ingredients

1 cup puff amaranth
¼ cup Macro Shredded Coconut
1 tsp Baking powder
1 tsp Macro Chia Seeds
1 egg white
1 tbl pure maple syrup

¼ cup unsweetened apple sauce
Baking paper
½ cup Macro Teff flour (place Teff grains in grinder or processor and ground down into flour)

Instructions

Pre-heat oven to 180 degrees Celsius.

Place Teff, amaranth, coconut and baking powder into a bowl and combine.

In a separate bowl, add in chia seeds, egg white, apple sauce and maple syrup. With a fork give a good mix.

Make a well in the dry mixture, and add in the wet ingredients. Mix until combined. Make mixture into cookies and place on baking paper. Bake in the oven for 10-12 minutes.

