

## Toasted Pecan Cookies (vegan, grain-free, refined sugar free)

### Ingredients:

1 ¾ cups almond flour

¼ cup tapioca flour

¼ tsp sea salt or Himalaya salt

6 T Spectrum brand sustainable palm shortening (available from iHerb), or butter if you do dairy

3 T maple syrup

½ cup toasted pecans, chopped

### Instructions:

1. Preheat your oven to 350F/180C and line a cookie sheet with parchment paper.
2. In a large bowl whisk together the flours and salt.
3. Add in the shortening, maple syrup, and toasted pecans and mix until a dough forms.
4. From the dough into balls, about a tablespoon of batter each. Place on cookie sheet evenly spread out. You will have approximately 20 cookies.
5. Bake for 15 minutes until slightly golden brown.
6. Let cool 5 minutes on the baking sheet.
7. Enjoy!

In health and yumminess,  
Mindy