

ALMOND COOKIE (GLUTEN FREE)



INGREDIENTS

1 cup	Almond meal (finely ground)
1/2 cup	Sweetened coconut flakes (dried)
2 oz	Egg whites
1/4 tsp	Almond extract
1/4 cup	Turbinado sugar

INSTRUCTIONS

1. In a large mixing bowl, add all ingredients and stir to combine.
2. Using a small scoop, place dough on lined sheet pan. Press to flatten slightly.
3. Bake at 325°F for 10 minutes until golden brown.

NUTRITION

Calories:	45
Sodium:	5 mg
Trans Fat:	0 g
% Calories from Saturated Fat:	10%



Spice it up! Can be garnished with chopped crystallized ginger directly after baking.

*Number of Servings: 24 (11 g per serving)
Recipe courtesy of Pen Bay Medical Center*