

4-Nut Cookies with Raisins

I dreamed up this recipe in seconds....I promise they will be eaten just as quickly! They are loaded with fibre, are high in protein and hence, are very satisfying. A few of these with a cup of herb tea will make a very nutritious and filling snack.

1/2 c. ground raw almonds
1/2 c. ground raw walnuts
1/2 c. ground raw pecans
1/2 c. shredded unsweetened coconut
1/4 c. arrowroot or tapioca flour
1/4 c. ground flax seeds
1/2 c. melted coconut oil
1/3 c. water
1/2 c. less 1 tbsp. honey or coconut syrup
1/2 c. raisins

Directions:

Mix together dry ingredients with wet ingredients. Drop by large spoonfuls onto greased baking sheet. Bake at 350 degrees for about 20 minutes.

You can grind the nuts and flax seeds in a high powered blender, such as a Vitamix.

