

Soft Coconut Cookies

- Flax egg – 1 T. flax meal + 3 T. water
- ¼ c. vegan margarine
- ¼ c. date puree
- ½ c. brown sugar
- ¼ t. salt
- ¼ t. vanilla powder
- ½ t. arrowroot starch or corn starch
- ¼ c. almond flour
- 1 c. white spelt flour
- ½ c. shredded coconut

Instructions

1. Make flax egg and set aside.
2. Cream margarine, date puree and sugar. Stir in flax egg.
3. Stir in all remaining ingredients.
4. Drop by teaspoonful onto parchment lined baking tray.
5. Bake 350° for 15-18 minutes.

Optional Add-ins: ½ c. chopped nuts, raisins, carob chips, dried cranberries or other dried fruit.

Did You Know? *Healthline.com, Webmd.com*

Flax seed was cultivated in Babylon as early as 3000 BC. In the 8th century, King Charlemagne believed so strongly in the health benefits of flaxseed that he passed laws requiring his subjects to consume it.

Just one tablespoon provides a good amount of protein, fiber and omega-3 fatty acids, in addition to being a rich source of some vitamins and minerals.

Flax seeds are a rich source of lignans. Lignans are plant compounds that have antioxidant and estrogen properties, both of which can help lower the risk of cancer and improve health.

Interestingly, flaxseeds contain up to 800 times more lignans than other plant foods.