

Sweet Potato Coco-Nut Cookies

2 cups shredded sweet potatoes (about 1 raw med-sized sweet potato, can also substitute with carrots)
1 cup unsweetened shredded coconut
1/2 cup coconut flour
1/2 cup tapioca or arrowroot flour
1 tsp. sea salt
1 cup chopped nuts of your choice (I usually use pecans)
1 1/2 cups dates, soaked in 1 cup hot water for about 15 minutes
1/2 cup almond butter
1/4 cup coconut oil
1 tsp. pure vanilla extract
2 eggs

3-4 ounces unsweetened dark chocolate

Preheat oven to 350 F. Line 2 cookie sheets with parchment paper, or grease them with coconut oil. In large bowl, combine the sweet potatoes, coconut, coconut flour, tapioca flour, salt and chopped nuts. In food processor or blender, puree together the soaked dates and the hot water used to to soak them. Blend well to make a smooth paste. Add the coconut oil and almond butter and puree until smooth. Add date-almond butter mixture to the dry mix, along with vanilla and eggs. Stir dough together until well combined. Scoop out dough into balls about 1 1/2" in diameter. Flatten out balls to approximately 3" discs and create a small hole in the centers. Bake for about 15 minutes until firm but not too hard or crispy. The cookies will continue to firm up as they cool. While the cookies cool, melt the chocolate (add a little milk or cream if too thick) until liquid. Drizzle over the cookies and then refrigerate them to harden the chocolate.

Now they are ready to be eaten!

Or, place in an airtight container until ready to serve – I store mine in the refrigerator so the chocolate stays hard and the cookies remain a little crunchy.

Thanks to the coconut in these cookies – shredded, flour, oil – they provide healthy perks:

- high in fiber
- loaded with healthy fats
- immune boosting benefits from its antibacterial and antimicrobial properties
- medium-chain fatty acids in coconut help your body's ability to burn fat
- source of energy

(Recipe credits: <http://risingmoonnutrition.blogspot.ca/2012/12/paleo-samoa-cookies.html>)

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