



WALNUT CACAO NIB COOKIES

Another wholesome recipe shared by Nutritionist Natalie Harms. These gluten free cookies are the perfect compliment to a cup of tea. They have a texture similar to shortbread and the cacao nibs give a delicious hint of chocolate.

Almost chocolate cookies, but with a healthy twist!

Ingredients:

80g unsalted butter (room temperature)

100g rapadura sugar

2 tablespoons of tahini

1 teaspoon vanilla extract

1 egg

1 cup gluten free plain flour

1/2 cup of quinoa flakes

pinch of salt

1/2 teaspoon cinnamon

1/2 teaspoon baking soda

1/2 cup raw cacao nibs (chocolate nibs)

1/2 cup chopped walnuts

Method:

Preheat your oven to 190°C. Line one or two baking trays with baking paper.

Place the butter, sugar and tahini in a bowl and beat together until creamy.

Add the egg and vanilla and beat for a further minute.

Sift the flour, baking soda, cinnamon & salt into a bowl and mix until well combined.

Stir in walnuts and cacao nibs.

Drop generous teaspoons of the mixture onto the baking sheet, leaving a space between each cookie. Press them down slightly and bake in the heated oven for 15 minutes or until golden brown in colour.

Allow to cool and store in an airtight container for freshness. Enjoy!

Gluten free

You can visit Natalie's website here: [Natalie Harms Nutritionist](#)