



Mom's Nut Cookies

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique

YIELD : 20

PREPARATION: 15 MINUTES

REFRIGERATION: 4 HRS

COOKING: 12 MINUTES

INGREDIENTS

- 185 g (1 1/3 cups) all-purpose flour "La Merveilleuse"
- 1 ml (1/4 tsp) baking powder
- 1 ml (1/4 tsp) baking soda
- 1 ml (1/4 tsp) salt
- 50 g (1/4 cup) coconut oil (or margarine)
- 120g (1 cup) maple sugar
- or 110 g (1/2 cup) cane sugar
- 1 large egg (55 g)
- 125 g (1/2 cup) canned coconut milk
- 5 ml (1 tsp) vanilla extract
- 50 g (1/2 cup) pecans or walnuts, finely chopped

Icing:

- 15 ml (1 tbsp) margarine
- 22.5 ml (1 1/2 tbsp) canned coconut milk
- Home-made icing sugar *
- Pecans or walnuts, for decoration

PREPARATION

Cookies:

1. In a bowl, combine flour, baking powder, baking soda and salt. Set aside.
2. In another bowl, beat together with an electric mixer the coconut oil, maple sugar (or cane sugar) and the egg, until smooth and creamy (about 2 minutes).
3. Then add the coconut milk and vanilla and continue to beat for about 2 minutes with the electric mixer.
4. Gradually add flour, beating between each addition and until mixture thickens (about 1 minute).
5. Cover the dough and refrigerate for a minimum of 4 hours.
6. Preheat the oven to 350° F (180° C).
7. Spoon the dough onto a baking sheet lined with parchment paper. Flatten very slightly, just enough to give a round shape to the cookies, not more (the more the biscuit will be flattened before baking, the thinner it will be when cooked).



Mum always cooked us, for Christmas Eve, these delicious cookies, exceptionally iced for this great occasion. I have wonderful memories of it!

HOMEMADE ICING SUGAR

* Put 330 g (1 1/2 cups) of maple sugar or cane sugar and 15 ml (1 tablespoon) of tapioca starch in the blender. Blend on maximum for 30 seconds to one minute or until mixture forms a fine powder.

8. Bake on top rack for about 12 to 14 minutes until golden brown.
9. Gently remove the cookies with a spatula and allow to cool on a wire rack.

Icing:

1. Once the cookies have cooled, glaze them by preparing the icing as follows:
2. In a small bowl, whisk in margarine and coconut milk. Gradually add the icing sugar, whisking between each addition, until the desired texture is obtained.
3. Cover, if desired, with half a pecan or half a walnut.