

THE RETURN OF THE COOKIE MONSTER

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If there's one thing I can't stay away from since going primal (apart from alcohol), it's chocolate chip cookies dipped in coffee! Most of my friends will attest to that. So when I finally got a great recipe and baked a super primal batch imagine my joy. This is the best primal chocolate chip cookie recipe I've found yet and I have tried a few, so read on for the real food recipe...

Ingredients

3 cups almond meal

2 eggs

1/2 cup honey

1 1/2 cup chocolate chips

1 tsp baking powder

1 tsp salt

1 tsp vanilla essence

1/2 cup unrefined coconut oil

Combine the almond meal, baking powder and salt in a large bowl. Though the recipe calls for 3 cups of almond flour, I ran out of blanched almond flour so I used 1 cup of coconut flour and 2 cups of almond flour as I had some on me. But feel free to use almond meal ie. whole almonds ground to fine flour like texture in a mixie.. And don't worry about the skin.

Combine eggs, honey and vanilla essence and beat with a hand mixer.

Combine wet and dry ingredients and mix well. Pour in coconut oil.

Now add the chocolate chips.



Put the drops of batter on a cookie sheet, pre heat oven to 180 degrees C, and bake for about 20 minutes.



And your primal chocolate chip cookies are ready!!

They taste almost like real cookies, but maybe next time I'll add some butter to make them more gooey..



yummm!!

