

Tigernut Flour Shortbread Cookies

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Ingredients:

1 cup of [tigernut flour](#)

3 TB [maple syrup](#)

1 TB wildflower honey

1/4 cup [coconut butter](#)

1 TB [ghee](#) (If you are on AIP and can't do ghee, substitute refined filtered coconut oil. It will taste more like coconut if you use unrefined coconut oil.)

1 tsp. [vanilla extract](#)

1/4 tsp [sea salt](#)

Instructions:

1. Preheat the oven to 350.
2. Combine all ingredients in a mixing bowl. Mix to form a slightly sticky dough.
3. Divide dough into 10-12 small cookies.
4. Arrange on a baking sheet lined with [parchment paper](#). Press to form cookies or use a cookie cutter for shape you want.
5. Bake 12 minutes at 350F. Let them cool completely before putting them into an air-tight container. These freeze very well.

Carob or melted chocolate Coating (Optional)

1/3 cup [carob powder](#), sifted

1/3 cup [coconut oil](#), melted

2 TB maple syrup (Since carob powder is sweet on its own, this is optional. The cookies are also quite sweet so I've never used this. I also don't like the idea that they have to be kept in the refrigerator if they have the chocolate on them. They are much more versatile if they are plain.)