

QUINOA COCONUT COOKIES

INGREDIENTS

- 2 C Water
- 1 C Quinoa

- 6 T Egg substitute
- 1/4 C Honey (raw) **OR** Agave **OR** Maple Syrup (low cal)
- 1 1/2 C Coconut (unsweetened) (shredded)
- Pinch of salt



DIRECTIONS

- 1 Boil the water & then add the quinoa
- 2 Change heat setting to low & cook for approximately 20 minutes
- 3 Combine the egg substitute & honey in a bowl that can withstand heat
- 4 Place the bowl over a pot of boiling water inside & whisk the eggs & honey together
- 5 Take the boil off the pot when the eggs & honey are creamy and warm
- 6 Mix in the coconut, quinoa & salt
- 7 Chill in the refridgerator for at least 2 hours
- 8 Pre-heat oven to 325 F
- 9 Spray a cookie sheet with non-stick cooking spray
- 10 Place 2 layers of parchment paper on your cookie sheet **OR** a non-stick baking mat
- 11 Use an ice cream scoop to scoop the mix onto the baking sheet in round half domes
- 12 You may need to use your damp fingers to press the mix together to insure that the mix sticks together while baking
- 13 Bake on your middle rack for 15 minutes or until cookies are golden brown
- 14 Cool for at least 15 minutes before placing on a rack to continue to cool

NOTE

If you use Ancient Harvest Quinoa, you don't have to soak the quinoa

