

Citrus Cocoa Cookies

150g butter

$\frac{3}{4}$ cup xylitol or $\frac{1}{2}$ cup black sugar

Rind of 1-2 lemons

Rind of 1-2 oranges

1 egg

1 cup wholemeal spelt flour

1 cup of almond meal

2 heaped tbsp of cocoa

Pre-heat oven to 180 C.

Cream butter and xylitol together, add egg, citrus rinds, flour, almond meal and cocoa and mix.

Scoop out 1 heaped tsp of the mixture and roll into a ball and place on baking paper on baking tray.

Then once all on the baking tray press them all down with a fort

Bake for about 10-20min

Alternative is too leave out the citrus rinds and add 1 tsp of cinnamon.

Another alternative is to add 2 tbsp of freshly grated ginger, and $\frac{1}{2}$ tsp of nutmeg as a type of ginger nuts.

These cookies are all natural and lower in carbohydrates with the use of 1/2 and 1/2 of flour and almond meal. They are also sugar free.

If you are on a candida program you need to use the xylitol rather than brown sugar