

Heart Healthy Recipe Exchange

Almond, Coconut & Rose Cookies

Category: Snack

Description: Dessert



From the Kitchen of
Mala Setty

Servings:	4
Prep Time:	20 minutes
Total Time:	20 minutes

Ingredients:

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1. 2/3 cup almond meal

 2. 1/3 cup grated dry coconut

 3. 1 cup multigrain flour

 4. 2 oz. butter

 5. 2 tbsp ghee

 6. 1/2 cup sugar

 7. 2 tsp rose water

 8. 3/4 tsp baking powder

 9. 1-2 tbsp milk (keep on reserve)

 10. 1 pinch of baking soda

Directions:

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1. Preheat oven to 350°F.

 2. Mix all dry ingredients.

 3. Melt butter and mix in the rest of the ingredients into the melted butter.

 4. Add just enough milk to bring dough together.

 5. Make small balls and flatten. Each ball should be about 1" wide.

 6. Put flattened cookies on baking sheet on pan. Bake for 15-18 minutes.

 7. Cool for 30 minutes or so. Store in airtight container.

 8. Eat with glass of milk, tea or for dessert!

Notes:

Desserts are enjoyed throughout the world in just about every culture. Having an appreciation for the sweet taste are just one of the pleasures of life. Cookies, like many desserts, can be eaten as either a snack or dessert in between meals or after the main course.

Comments on Nutritional Value (Dr. Divya Selvakumar):

Almond and coconut flour are frequently used in vegan cuisine, but can be healthy alternatives to white flour. Almond flour is rich in Vitamin E and low in saturated fat, while coconut flour has greater quantities of fiber, iron and potassium. Multi-grain flour is also rich in dietary fiber. Taking ghee in small quantities is considered safe, as long as the amount of saturated fat is controlled. In Ayurvedic medicine, ghee promotes immunity, fights inflammation, and enhances digestion. Instead of using white sugar, using organic unrefined brown sugar is healthier. Many vegan desserts today, including cookies, can be made in lowering the quantities of saturated fat, cholesterol, and sugar altogether. Diabetics can eat cookies, if they are able to control their portion sizes and monitor their blood sugar levels accordingly.