

# 5 Easy and Delicious One Bite Cookies Recipe

by:Tereza Alabanda,*The Pastry Maestra*

Prep. time : 7 minutes

Cook time : 8 minutes

Ready in 15 minutes

Level : Basic

## **Ingredients:**

### **Basic Mixture**

- Almond flour 245g (8.6oz)
- Maple syrup 45g (1.6oz)
- Apple puree (unsweetened) 45g (1.6oz)
- Coconut oil (neutral tasting) 45g (1.6oz)

### **Pistachio Thumbprint Cookies**

- Basic mixture 75g (2.6oz)
- Finely chopped pistachios 50g (1.8oz)
- Raspberry jam (sugar free) 50g (1.8oz)

### **Lemon and Poppy Seed Cookies**

- Basic mixture 75g (2.6oz)
- Lemon zest 4g (1Tsp)
- Poppy seed 50g (1.8oz)

### **Chocolate Chip Cookies**

- Basic mixture 75g (2.6oz)
- Orange zest 4g (1Tsp)
- Cocoa nibs 20g (0.7oz)

## **Apricot and Coconut Cookies**

- Basic mixture 75g (2.6oz)
- Dried apricots 30g (1oz)
- Unsweetened shredded coconut 30g (1oz)

## **Chocolate and Hazelnut Cookies**

- Basic mixture 75g (2.6oz)
- Cocoa nibs 10g (0.35oz)
- Finally chopped hazelnuts 50g (1.8oz)

## **Directions**

1. **To make Basic mixture** put almond flour into a bowl. Add maple syrup, unsweetened apple puree, and melted neutral tasting coconut oil, and stir well with a silicone spatula until the mixture becomes uniform.
2. **To make Pistachio Thumbprint Cookies**, take 15g (0.5oz) of the mixture and roll it between your palms to make a ball. Roll each ball into finely chopped pistachios.  
Then, place cookies onto a paper lined baking tray and make a hole in the center of each cookie using the handle of a wooden spoon.
3. **To make Lemon and Poppy Seed Cookies** add freshly grated lemon zest into the basic mixture and stir well to combine. Then, take 15g (0.5oz) of the mixture and roll it between your palms to make a ball. Roll each ball into poppy seeds. Place cookies onto a paper lined baking tray.
4. **To make Chocolate Chip Cookies**, add freshly grated orange zest and cocoa nibs into basic mixture and stir to combine. Then, take 15g (0.5oz) of the mixture and roll it between your palms to make a ball. Place cookies onto a paper lined baking tray.
5. **To make Apricot and Coconut Cookies** add finely chopped dried apricots into the basic mixture. Then, take 15g (0.5oz) of the mixture and roll it between

your palms to make a ball. Roll each ball into unsweetened shredded coconut. Then, place cookies onto a paper lined baking tray.

6. **To make Chocolate and Hazelnut Cookies**, add cocoa nibs into the basic mixture and stir to combine. Then, take 15g (0.5oz) of the mixture and roll it between your palms to make a ball. Roll each ball into finely chopped hazelnuts. Then, place cookies onto a paper lined baking tray.

Bake the cookies at 170°C (340°F) for about 8 minutes, and then, take them out and leave them to cool down. When the cookies are done and cooled, fill pistachio thumbprint cookies with sugar free raspberry jam.

There, 5 Quick and Super Easy Healthy One Bite Cookies are done! Enjoy!