

Grain Free Pumpkin Pecan Cookies

Servings: 15

Preparation Time: 15

- 1 1/2 cups pecan pieces
- 1/2 cup granulated sugar
- 1/4 cup arrowroot flour
- 1 1/2 heaping teaspoon cinnamon
- 1/2 heaping teaspoon nutmeg
- 1/4 heaping teaspoon ginger
- 1/4 heaping teaspoon cloves
- 1/4 teaspoon baking soda
- 1/8 teaspoon salt
- 1 small egg
- 1/2 cup pumpkin
- 3 tablespoons grass-fed butter or coconut oil, melted
- 1 teaspoon vanilla

Preheat oven to 375 degrees °F.

Place the pecans in a food processor and blend until the nuts resemble coarse sand and start to clump together. It's the stage before pecan butter would start. Add in the sugar, arrowroot, spices, salt and soda. Pulse a couple times until combined.

In a large mixing bowl, whisk the egg with the pumpkin, butter and vanilla. Pour the pecan mixture into the wet mixture and combine. Spoon dough out onto a parchment lined cookie sheet. The cookies will spread a bit.

Bake in preheated oven for 12-14 minutes. Place on a cooling rack to cool.

Recipe credit to Kate on www.freecoconutrecipes.com

Coconut Oil Chocolate Walnut Freezer Fudge

Servings: 24

Preparation Time: 5 minutes, plus chilling

- 2 cups virgin coconut oil (this is a good time to break out the Gold Label)
- 1 cup raw or natural unsweetened cacao powder
- 1/3 cup grade B maple syrup (you could also substitute honey)
- 1 1/2 cups walnuts (raw or roasted), roughly chopped

1. Whip coconut oil in the bowl of a standing mixer until fluffy (2-3 minutes).
2. Add cocoa powder and maple syrup and continue to whip until completely combined (about 1 minute, but you might need to scrape the sides a couple of times).
3. Add chopped walnuts and mix just to combine.
4. Spread into a 9"x9" baking pan. Chill in the refrigerator until set (at least 1 hour). Cut into squares and enjoy (store in the fridge or freezer).

Recipe credit to Sarah at www.freecoconutrecipes.com

PALEO CHOCOLATE CHIP COOKIES

Makes about a dozen

Adapted from **Detoxinista**

- 1 cup raw almond butter
- 1/4 cup raw honey (you can use slightly more or less based on your preference)
- 1 egg
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/4 cup Enjoy Life chips (more/less if you like)

1. Pre-heat oven to 350 Degrees F. Line cookie sheet with non-stick foil.
2. In a bowl, whisk all ingredients (except the chips) together. When combined, gently fold in chips to incorporate.
3. Using a regular spoon, spoon about 2 TBSP worth of batter onto the cookie sheet, about 1.5 inches about. The batter is loose, but it actually doesn't spread a lot.
4. Bake for 8-10 minutes (until just slightly firm). Remove from oven and let cool for another 10 minutes on the cookie sheet. This is important to make sure they "set up" right.
5. Remove cookies from sheet and allow to finish cooling on a cookie rack. Store in an airtight container.

Recipe credit to www.cupcakesomg.blogspot.com

Author: Danielle Walker- Against All Grain

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Serves: 16

Ingredients

- ¼ cup unsalted grassfed butter, or ghee
- 1 large egg at room temperature
- ⅓ cup honey
- 1 teaspoon vanilla extract
- 4 teaspoons cinnamon
- ¾ teaspoons nutmeg
- 1 cup almond meal
- 2 tablespoons coconut flour
- ½ teaspoon baking soda
- ½ teaspoon sea salt
- 2 teaspoons finely ground flax seeds
- ¾ cup finely shredded coconut
- ½ cup raisins**
- **may use chocolate chips, cranberries, or currants

Instructions

1. Preheat the oven to 350°F.
2. Place the shortening and egg in the bowl of a stand mixer and cream for 1 minute on high. Alternatively, use an electric hand mixer.
3. Add the honey and vanilla and mix for another minute, until creamy.
4. Place the cinnamon, nutmeg, flours, baking soda, salt, and flax seeds in a small bowl and stir to combine.
5. Slowly add the dry ingredients to the wet and mix for another minute, until combined. Scrape down the sides of the bowl, then mix again for 30 seconds.
6. Add the coconut and raisins, then mix again for a minute.
7. Using an ice cream scoop or a large spoon, drop balls of dough the size of a golf ball onto a cookie sheet lined with parchment paper.
8. Place another piece of parchment paper over the balls, then use a spatula to gently press the balls down into circles about ¼ inch thick and 2 inches in diameter.
9. Place in the oven and bake for 9 to 10 minutes, until the edges are lightly browned.
10. Cool on a wire rack completely before eating. Store in an airtight container in the refrigerator for later use.

Lynne's Pumpkin Chocolate Chip Muffins

4 organic, free range eggs or EnerG Egg Replacer
1/4 c birch wood xylitol
1/4 c honey
1 - 2 scoops stevia powder, to taste
1/2 c melted coconut oil
1/2 c melted organic butter
1/2 c unsweetened applesauce
2 1/2 c almond meal
1/2 c coconut flour
2 tsp aluminum free baking soda
2 tsp aluminum free baking powder
1 T cinnamon
1 tsp sea salt
15 oz can pumpkin puree

Mix all ingredients together until well blended. Add in chocolate chips as desired. Grease mini muffin tins and fill to almost full. Bake 400 for 10 minutes or until toothpick comes out clean. Makes approximately 48 mini muffins.