



# The Wholeness Chef

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## **Almond Flour Snickerdoodle Cookies**

*Snickerdoodles were one of my favorite cookies growing up, but now as I become healthier, it's been more difficult to find cookie recipes that were low in sugar and something that I felt good about feeding myself and my kids. I created this recipe using almond flour, which provides a good amount of protein, and it's sweetened with maple syrup which provides subtle sweetness that doesn't have the negative health impacts of regular sugar. We hope you enjoy these as much as we do!*

– Dr. Mary Rondeau | The Wholeness Chef

### **Ingredients:**

1 1/2 cups blanched Almond Flour  
2 Tbsp melted Organic Coconut Oil or Avocado Oil  
1/4 cup + 1 Tbsp Maple Syrup  
1 Tsp Vanilla Extract  
1/4 Tsp Baking Soda  
Pinch Ground Cardamom  
1/4 Tsp Ground Cinnamon  
1 Tsp Coconut Sugar

### **Directions:**

1. Preheat oven to 350°F and line a baking sheet with silicon mat or parchment paper.
2. In a medium bowl, mix almond flour, coconut oil, maple syrup, vanilla extract, salt, baking soda and cardamom together until uniform dough is created.
3. Use a tablespoon and form dough into a ball and press flat onto the lined baking sheet.
4. In a small bowl mix together the cinnamon and coconut sugar.
5. Sprinkle each cookie with the cinnamon and coconut sugar mixture.
6. Bake for 14-17 minutes.
7. Transfer cookies to a wire rack to cool.