

Russian Tea Cakes

VEGAN + GLUTEN-FREE (OPTIONALLY RAW)



Tested and Approved by 86lemons.com

<http://86lemons.com/russian-tea-cakes>

Original Recipe Source:

Practically Raw Desserts by Amber Shea Crawley
(page 49)

YIELDS: about 12 cookies

STEP 1:

Place pecans in food processor and pulse until finely ground (do not over-process). Add coconut flour, sugar and salt; pulse to combine. Add coconut nectar and water or nut milk; pulse until dough begins to stick together, but doesn't quite form a ball. If needed, add additional water 1 Tbsp at a time to help dough come together.

STEP 2:

Roll dough into twelve 1¼" balls and flatten each slightly.

STEP 3:

Choose one of the following methods:

MAKE IT RAW:

Arrange cookies on mesh-lined tray and dehydrate at 110°F for 1 to 2 hours, until firm and dry on the surface.

MAKE IT BAKED:

Preheat oven to 300°F. Arrange cookies on baking sheet lined with parchment paper. Bake for 11 to 12 minutes, until cookies look dry and lightly browned. Let cool completely on baking sheet before handling.

MAKE IT EASY:

Arrange cookies on baking sheet lined with wax paper and freeze until firm.

STEP 4:

When cookies are ready, place coconut flour or lucuma powder in small bowl. Add one or two cookies at a time and gently roll to lightly coat. (Or sprinkle each cookie with some of the flour, then using your fingers, spread/rub flour until cookie is coated.)

Store cookies in airtight container at room temperature for up to two days, or in refrigerator for up to one week or in freezer for up to a month.

INGREDIENTS:

- 1 cup dry pecans
- ½ cup coconut flour
- ¼ cup coconut palm sugar
- big pinch of sea salt
- ¼ cup coconut nectar
- 2 Tbsp water or non-dairy milk of choice
- 2 Tbsp coconut flour or lucuma powder

SUBSTITUTIONS:

- Pecans: walnuts or almonds
- Coconut palm sugar: Sukanat, date sugar, evaporated cane juice, or organic white sugar
- Coconut nectar: agave nectar, maple syrup, or any other liquid sweetener
- Coconut flour or lucuma powder: maca powder or organic powdered sugar

PER COOKIE: 112 calories, 7.1g fat (1g sat), 12.3g carbs, 3g fiber, 1.6g protein