

# HEMP COCONUT COOKIE

*Vegan and gluten free!*

 [www.mercedeskaygold.com](http://www.mercedeskaygold.com)



## *Ingredients:*

(makes 18)

- 1 tablespoon ground flax seed
- 4 tablespoons water
- 1/2 cup coconut sugar
- 3 tablespoons coconut oil
- 1/4 cup unpasteurized agave syrup
- 1/2 cup coconut flour
- 1/2 teaspoon sea salt
- 1/4 teaspoon baking soda
- 1 1/2 cups gluten free oatmeal
- 1/4 cup shredded unsweetened coconut
- 1/4 cup ground hemp

## *Directions:*

1. Preheat oven to 350 degrees Fahrenheit.
2. Mix the flax in 3 tablespoons of water and set aside for 15 minutes. (this is the “egg”)
3. Place the flax mixture in a medium bowl/ add the coconut sugar, coconut oil, agave syrup and the other tablespoon of water.
4. In a separate bowl, combine the coconut flour, sea salt, baking soda, oatmeal, hemp and the shredded coconut. Stir well.
5. Add the dry ingredients to the flax mixture and stir evenly.
6. Bake for approximately 15 minutes or roll into energy balls!



- Reduces hunger
- Increases energy
- Improves thyroid function
- Helps absorb D, E, A and K vitamins



- Contains all essential amino acids
- Gluten free
- Vegan protein
- High source of fiber



- High in fiber, low in carbs
- High in Omega-3
- Lowers cholesterol
- Healthier skin
- Gluten free

  
EVERYTHING COCONUT

## **Nutrition information for hemp coconut cookie:**

Calories 96.7 each  
Total fat 3.3 grams  
Sodium 83.5 grams  
Total carbohydrate 14.4  
Dietary fiber 2.5 grams  
Sugar 5.9 grams  
Protein 2.5 grams