

Coconut Shortbread Cookies

4 ingredients · 20 minutes · 8 servings



Directions

1. Preheat the oven to 350°F (177°C). Line a baking sheet with parchment paper or a silicone baking mat.
2. In a mixing bowl, stir the coconut flour, arrowroot and coconut sugar together. Fold in the coconut oil until evenly combined.
3. Gently roll a tablespoonful of batter at a time and transfer to the baking sheet. Flatten each ball using your fingers or a fork.
4. Bake for 6 to 8 minutes or until they just turn golden brown. Let cool completely before serving to allow the cookies to firm up, at least 15 minutes. If the cookies are too crumbly, freeze them before serving.

Notes

Leftovers

Freeze in an airtight container or freezer bag. Serve from frozen for best results.

Serving Size

Each serving equals one cookie.

Coconut Flour

This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.

Ingredients

- 1/2 cup Coconut Flour
- 2 tbsps Arrowroot Powder
- 1/4 cup Coconut Sugar
- 1/3 cup Coconut Oil (melted)

Nutrition

Amount per serving

Calories	143	Vitamin C	0mg
Fat	11g	Calcium	0mg
Saturated	9g	Iron	1mg
Carbs	10g	Vitamin D	0IU
Fiber	3g	Vitamin B6	0mg
Sugar	5g	Folate	0µg
Protein	1g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	0mg
Sodium	15mg	Zinc	0mg
Potassium	0mg	Selenium	0µg
Vitamin A	0IU		