

Apricot n'Oatmeal Cookies

- by Healing Family Eats

These tasty morsels take only moments to prepare and I'm guessing the likelihood of you having the ingredients to hand is fairly high. The gelatine 'egg' is a great substitute for the real thing, it makes for a soft, chewy texture without the risk of these delicious cookies falling apart.

(makes 8)

1 cup (85g) finely shredded coconut (I use [this one](#))

1/2 cup (100g) dried, unsulphured apricots

2 tbsp coconut oil (I use [this one](#))

pinch salt (I use [this one](#))

1 gelatine egg, as follows

gelatine egg -

1 tbsp gelatine (I use [this one](#))

1 tbsp room temperature water

2 tbsp just boiled water

Preheat oven to 350°F / 180°C. Line a baking sheet with parchment paper.

Put the coconut, apricots, coconut oil and salt into a food processor with the 'S' blade attachment. Whizz for 1 minute or so, until really well combined but not paste like.

Next, make the gelatine egg. Put the gelatine and room temperature water into a small bowl and mix until thoroughly combined. Now add the boiled water and whisk quickly until the gelatine has melted and the mixture looks frothy. With the motor running, pour the gelatine egg through the feeder tube and whizz again just for a second or two to fully incorporate the 'egg'.

Take spoonfuls of the mixture, roll into balls and flatten slightly on the baking sheet. As you are doing this you will notice the mixture getting firmer and more gelatinous, and you may even need to gently squeeze the mixture in the palm of your hand. This is absolutely fine.

Cook for about 12 minutes until golden. They will be a little on the soft side so leave them on the baking tray for a few minutes to prevent them falling apart. When they are a little firmer, transfer them to a wire rack to cool completely. These are best eaten the day they are made, however will keep up to three days stored in the fridge. Alternatively they freeze really well.

