

## Sweet Potato, Coconut and Vanilla Cookies

- by Healing Family Eats

*A word about coconut nectar. It is what I was asked to use for my recipe development and if you haven't come across it before it has the consistency of molasses. Sarah Ballantyne says coconut nectar is fine in moderation on the AIP but not for those with very leaky guts, those of you should use molasses instead but, even so, in moderation.*

*(makes 12)*

- 1 cup sweet potato puree \*
- 1/2 cup [organic palm shortening](#)
- 2 tbsp coconut nectar (see note above)
- 1 tsp [sea salt](#)
- 4 tbsp [coconut flour](#)
- 1/4 tsp [baking soda](#)
- 1/8 tsp [vanilla powder](#)
- 1/2 cup [shredded coconut](#)

Preheat oven to 325F. Line a large baking tray with parchment paper.

Put the sweet potato purée, shortening, coconut nectar and salt into a mixing bowl and, using a stand or handheld mixer, combine until soft, pale and creamy. Sift in the coconut flour, baking soda and vanilla powder and add the shredded coconut. Mix again. The mixture should be fairly dry but if it isn't, add another tablespoon of shredded coconut.

Using a [2 tablespoon scoop](#), take heaped spoonfuls of the mixture and roll into 12 balls. Alternatively use 2 rounded tablespoons. Space them out onto the baking tray and flatten slightly with the underside of a glass or the palm of your hand. Put into the oven and cook for about 35-40 minutes until golden brown with a bit of give when gently pressed with a finger tip and a little crispy around the edges. Allow to cool on the tray for a minute or two before moving to a wire rack. They will firm up more on cooling. Store in the fridge or freezer to prevent them going soft.

Tip: put some coconut flour into a small bowl. Dip a flat bottomed glass (if you can find one with a pretty edge that would be even better) into the flour and press down on the cookie ball. This becomes easier after the first one as the glass will be stickier for the flour to cling to. Dust off the excess from the the glass and push down onto the cookies, making sure they are all evenly sized.

