



Spicy Tiger Nut Vegan Cookies

Gluten-free, grain-free, nut-free, seed-free and Paleo

1 cup Tiger Nut flour (see comments)

1/2 cup tapioca flour

4 Tablespoons coconut sugar

3/4 teaspoon ground ginger

1 teaspoon ground cinnamon

1/4 teaspoon salt

1/8 teaspoon ground cloves

6 Tablespoons avocado oil

2 Tablespoons fresh orange juice

1 teaspoon grated orange zest

1 teaspoon lemon juice

Topping:

1-1/2 teaspoons coconut sugar

1-1/2 Tablespoons shredded unsweetened coconut

1/2 Tablespoon orange juice

Before Starting: Preheat oven to 350 degrees F. Line two cookie sheet with silicone pads or parchment paper. Set aside.

Combine Dry Ingredients: In a medium bowl, whisk Tiger Nut flour, tapioca flour, coconut sugar, ginger, cinnamon, salt, and cloves until blended.

Form Dough: In a measuring cup, combine oil, orange juice, zest, and lemon juice; pour into dry ingredients. Stir ingredients thoroughly to completely blend into a dough that sticks together.

Form Cookies: Using a Tablespoon of dough for each cookie, form into 16 to 18 balls. Place on prepared cookie sheets. Flatten with a cookie disk or flat bottom glass until cookies are about 2-inches in diameter.

Add Topping: In a small bowl, combine coconut sugar and shredded unsweetened coconut. Brush the top of each cookie lightly with fresh orange juice; sprinkle with coconut sugar mixture.

Bake Cookies: Place cookie sheets in the preheated oven; bake in 350-degree F. oven for about 9 minutes until golden brown edges.

Cool Cookies: Remove from oven; cool about 5 minutes; transfer cookies to cooling rack; cool completely. Yield: 16 to 18 cookies

Cook's Note: Tiger nut flour can be found at health food stores, online, or in the gluten-free baking section of some local superstores. Did you know that the Year of the Tiger begins on February 1st this year?

Recipe Inspired by: www.powerhungry.com; powerhungrycamilla (Instagram)

What is Tiger Nut Flour?

It is a lightly sweet gluten-free flour made from tubers of the yellow nutsedge plant and are often called Tiger Nuts. They are really not nuts and the tiger comes from the pattern exterior of the nuts. They are a sustainable allergen-free crop and are Not nuts.

About the Recipe: These mild spiced cookies have a sandy shortbread-like texture and are lightly sweetened. They are especially delicious with a warm cup of tea or coffee. It is hard to believe that they are gluten, grain, nut, and seed-free. Enjoy this "Tiger" treat!