



**Featured Grain: Teff Flour– Africa – Famous in Ethiopia**

**Orange Almond Butter Cookies**

*Nutritional powerhouse cookies packed with flavor*

- 1-1/2 cups teff flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking powder
- 1 teaspoon pumpkin pie spice
- 5 Tablespoons unsalted butter
- 1/2 cup thick almond butter
- 1/2 cup orange blossom honey
- 1 teaspoon grated orange zest
- 1 teaspoon almond extract
- 1/2 teaspoon vanilla extract
- 3 Tablespoons chopped smoky seasoned almonds
- 1-1/2 ounces melted semi-sweet or dark chocolate or as desired

Preheat oven to 350 degrees F. Line baking sheets with parchment paper.

- In a large bowl, combine teff flour, salt, baking powder, and pumpkin pie spice. Set aside.
  - In a mixing bowl, combine butter, almond butter, honey, orange zest; almond extract, and vanilla extract; mix until combined. Stir in dry ingredients, mixing to form dough.
  - Set dough aside as it absorbs moisture during a 10-minute resting period.
  - Use 1-1/2 Tablespoon cookie scooper, roll dough into balls with your hands; place on prepared baking sheets. Lightly flatten balls, sprinkle the top of cookies with about 1/2 teaspoon chopped seasoned almonds.
  - Bake in preheated oven for 11 to 12 minutes. Remove from oven; rest for 10 minutes; remove to wire rack to cool completely.
  - When cool; drizzle the top of each cookie with melted chocolate as desired.
- Yield: 19 cookies

**Cook's Note:** If cookie dough appears dry, mix in orange juice for a better cookie consistency. Note: - Almond butter varies from one product to another. Some have more oil added so the dough might require extra liquid. Our almond butter was organic and very thick.

**About the Recipe:** Teff is a whole grain exotic flour that pairs well with almonds, chocolate, and oranges in this recipe. This is a dense textured cookie with orange and almond flavors. We love to sprinkle them with some lightly salted, smoky almonds and drizzle the cookie tops with dark melted chocolate.

### **What is Teff Flour?**

Teff flour has a nutty, earthy, sweet taste and is gluten free. It's rich in essential amino acids, minerals, vitamins, and fiber. It's a tropical grain belonging to the grass family that is grown primarily in Ethiopia and Eritrea. Teff flour makes a great gluten-free alternative to wheat flour for baking bread, pancakes, cookies, cakes, muffins, or pasta. It may not be as chewy as products made from wheat.

For more information see: <https://www.healthline.com/nutrition/teff-flour#uses>