




CULINARY CORNER PRESENTS:

VEGAN HOLIDAY THUMBPRINT COOKIES

UND UNIVERSITY OF
NORTH DAKOTA
WELLNESS & HEALTH PROMOTION




INGREDIENTS

- 2 cups of almond flour
 - Pinch of salt
 - 1/4 cup pure maple syrup
 - 1/4 cup coconut oil
 - 2 tsp. vanilla extract
 - 1 tsp. almond extract
(optional)
 - Raspberry Jam
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DIRECTIONS

1. Wash hands with warm, soapy water for 20 seconds. Make sure to scrub under your finger nails, in between your fingers, and around your wrists.
 2. Preheat oven to 350 degrees Fahrenheit.
 3. In a medium/large sized mixing bowl, mix together maple syrup, coconut oil, vanilla extract, and almond extract.
 4. In a separate bowl, whisk together almond flour and salt.
 5. Slowly add dry ingredients to the wet ingredients and slowly fold in.
 6. Use a 1 tbsp. measuring scoop to measure out the dough. Roll into 1 inch balls.
 - a. Place on baking sheet, at least 2 inches apart.
 - b. Using a 1/2 inch tsp. or your thumb, press a shallow hole into the center of the cookie.
 7. Bake for 10-15 minutes.
 8. Remove cookies from the oven & let cool for 5 minutes.
 9. With a spoon, add about 1/2 tsp. of jam to the center of each cookie.
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NUTRITION FACTS

Serving Size = 1 cookie

- Calories: 135
 - Fat: 6 grams
 - Carbohydrates: 8.4 grams
 - Protein: 2 grams
 - Sugar: 5.4 grams
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