

VANILLA SPELT COOKIES WITH AVOCADO CHOCOLATE FILLING & BERRY CHIA JAM

 RSF, VEG, Dairy Free

 1.5 hours

 8-12



Ingredients

Vanilla Spelt Cookies

- $\frac{3}{4}$ cup coconut oil
- $1\frac{1}{2}$ cups coconut sugar
- 1 tsp vanilla powder or extract
- 1 egg
- $2\frac{1}{2}$ cups whole spelt flour
- 1 tsp baking powder
- $\frac{1}{4}$ tsp bi-carb soda
- Pinch sea salt

Chocolate Avocado Filing

- $1\frac{1}{4}$ cups avocado
- $\frac{1}{2}$ cup coconut oil
- $\frac{2}{3}$ cup cacao powder
- $\frac{2}{3}$ cup pure maple syrup (you could also use rice malt syrup)
- $\frac{1}{2}$ tsp vanilla powder or extract

Vanilla & Orange Mascarpone

- 2 cups frozen berries
- $\frac{1}{3}$ cup rice malt syrup
- $\frac{1}{4}$ cup chia seeds
- 1 tsp vanilla powder or extract



Method

Vanilla Spelt Cookies

1. In a large mixing bowl or mixer, combine the coconut oil, coconut sugar and vanilla powder, and mix until well combined and the mixture turns lighter in colour.
2. Add the egg and mix well.
3. Fold in the spelt flour, baking powder, bi-carb soda and sea salt.
4. Pull the cookie dough together in the bowl with your hands until it forms a ball.
5. Cover and set aside in the fridge to rest for about an hour.
6. Pre-heat your oven to 170 degrees celcius.
7. Remove the dough from the fridge.
8. Roll the dough into tablespoon sized balls and place evenly onto paper lined baking trays.
9. Bake in the oven for 15-17 minutes.
10. Remove from the oven and set aside to cool.

Chocolate Avocado Filing

- Blend the avocado, coconut oil, cacao powder, maple syrup and vanilla together in a food processor or blender until super smooth.
- Set aside.

Berry Chia Jam

- Blend the frozen berries, rice malt syrup, chia seeds and vanilla powder in a food processor or blender.
- Pour into a small saucepan and simmer for 15-20 minutes.
- Remove from the heat and set aside to cool.

To Assemble

- Turn the 'cooled' cookies upside down on your benchtop.
- Spread a tablespoon of the chocolate avocado mixture onto half of the cookies.
- Then dollop a teaspoon of berry jam on top of the chocolate avocado mixture.
- Place the other plain cookie halves on top of the filling and squash together a little*.
- Store the sandwiched cookies in the fridge. They will keep in the fridge for up to a week (if they last that long!) Enjoy!
- *After you initially sandwich the cookies together they will still be quite crunchy, and the filling might squeeze out while you are eating them. If you place the sandwiched cookies into the fridge overnight the filling will begin to soften the cookies and hold them together, making them a little more manageable to eat.

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