

Happy Heart Cookies

Makes 30 -36 cookies

Recipe Highlights:

Beets are considered an aphrodisiac as they are rich in boron which helps elevate testosterone levels in both men and women. It also helps to support great bone health and it helps relax and widen the blood vessels allowing greater blood flow throughout our body. Beets have great antioxidant property due to high levels of betalains.

Ginger is considered as a stimulant as it moves energy through the body increasing circulation, promotes great digestion and increases the flow of fluids in the body. It can help to relieve various types of pain through its anti-inflammatory properties

Ingredients:

2 cups almond flour
½ cup coconut flakes unsweetened
½ cup ghee, melted
2 Tbsp. ginger powder
2 Tbsp. beet powder
1 Tbsp. stevia/raw sugar blend (could be adjusted for more sweetness)
2 eggs, whisked
1 pinch of salt

Method of preparation:

Pre-heat oven to 350-degree F.

Prepare two baking sheets by lining them with parchment paper.

Place all ingredients in a bowl and gently knead them until you form a dough.

Form a ball and cover the bowl and place in the refrigerator for at least 30 minutes up to 2 hours

Place the dough on a board between two parchment papers.

With a rolling pin roll it out in ½ inch thickness.

You may use any shape of cookie cutter. It should yield about 30-36 cookies.

Place the cookies on the baking sheet and bake them for 15-18 minutes depending on the texture (a bit chewy or dry and crisp).

Take out from the oven and allow to cool.

Enjoy!