

Mrs. Fields Healthy Cookie Alternative

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/mrs-fields-russian-tea-cake-recipe>

Ingredients:

- 3 cups almond flour /meal, 1 cup tiger nut flour can be substituted.
- 1 teaspoon baking soda
- 1/2 teaspoon sea salt
- 1/4 cup coconut oil
- 1 whole egg
- 2 egg whites
- 3/4 cup cacao nibs
- 1 teaspoon vanilla extract
- sweetener choice, I use 3 tablespoons melted xylitol and maple syrup flavoring.

Nutrition:

1. Calories: 770 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 60 milligrams
4. Fat: 68 grams
5. Fiber: 11 grams
6. Protein: 24 grams
7. SaturatedFat: 21 grams
8. Sodium: 750 milligrams
9. Sugar: 8 grams

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