

Coconut Flour Valentine's Day Heart Cookies

Yield: 12 min
Total Time: 18 min

Recipe from: <https://www.recipeschoose.com/recipes/valentine-s-day-heart-shaped-cake-recipe>

Ingredients:

- 1/8 cup ghee
- 1/4 cup coconut sugar
- 1 Flax egg
- 1 teaspoon vanilla extract
- 1/4 teaspoon sea salt
- 1/2 tablespoon maple syrup add a little more if dough is too crumbly
- 1/2 cup coconut flour I have had success with Honeyville and Let's Do Organic brands.
- 1 tablespoon tapioca starch /flour
- 1/2 teaspoon baking powder try my homemade recipe on the site!

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 20 milligrams
4. Fat: 5 grams
5. Fiber: 1 grams
6. Protein: 2 grams
7. SaturatedFat: 3 grams
8. Sodium: 105 milligrams
9. Sugar: 5 grams

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