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Meadow's No-Bake Cookies (S)

We all need chocolate treats on hand during busy times, right? Meadow's No-Bake Cookies are perfect! They're quick and easy to make and so amazingly yummy! They were first featured in our Trim Healthy Mama cookbook. If you've never tried them... now's the time. For those that already make and love these, now with the addition of Natural Burst Coconut Extract they are even more incredible... you have to try!

These cookies will please your taste buds and nourish your thyroid at the same time due to the healthy coconut oil they contain. They are a delicious and simple version of those sweet, peanut buttery, impossibly good cookies your aunt brings to the family reunion. Well, perhaps your aunt doesn't, but my husband's aunt does! And while nothing can compare with those, my daughter Meadow came up with this simple but healthy substitute and I've been addicted ever since. - Pearl

Serving Size: Multiple-serve; Approximately 18 cookies

INGREDIENTS:

- 1/2 cup extra virgin coconut oil
- 2 cups unsweetened large coconut flakes (finer flakes work, too)
- 6 Tablespoons THM Peanut Flour
- 1/4 cup unsweetened cocoa powder
- 2 Tablespoons natural, sugar-free peanut butter
- 3 to 3 & 1/2 Tablespoons of THM Gentle Sweet
- 4 pinches mineral salt
- 1/4 teaspoon Natural Burst Coconut Extract (optional)

INSTRUCTIONS:

1. Warm the coconut oil to liquid if it is solid, then combine with the remaining ingredients in a large bowl.
2. Scoop out rounded tablespoons of the mixture and mound them on a parchment lined baking sheet.
3. Freeze until solid.

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