

THE LIFE AUDIT

# WALNUT AND CHOC CHIP COOKIES

MAKES 32 COOKIES

## INGREDIENTS

2 cups (220 grams) walnuts (not any other type of nut)  
1 1/2 cups oat flour (use certified gluten-free oat flour, if necessary)  
1 teaspoon baking powder  
3/4 teaspoon salt  
1/4 cup coconut oil, room temperature  
3/4 cup + 2 tablespoons (175 grams) raw sugar or coconut sugar  
1/2 cup milk of choice (but not canned coconut milk, as it's too thick)  
1 tablespoon vanilla extract  
1 3/4 cups (161 grams) rolled oats (use certified gluten-free oats, if necessary)  
1/2 cup (55 grams) chopped walnuts  
3/4 cup semi-sweet chocolate chips

## METHOD

1. Preheat the oven to 175 °C. Line a baking tray with a piece of non stick baking paper.
2. In the bowl of a food processor fitted with an S-blade, grind the walnuts until they have the consistency of natural peanut butter. Meanwhile, in a medium mixing bowl, stir together the oat flour, baking powder, and salt. When the walnut butter is ready, transfer it to a large mixing bowl.
3. To the large bowl, add the coconut oil, sugar, milk and vanilla and beat with a large spoon or with an electric hand or stand mixer until well combined. Slowly add in the dry ingredient mixture and stir just until combined.
4. Fold in the oats, walnuts and chocolate chips. Form into 1" balls and place 3" apart on the prepared baking sheet. Do not press the balls down.
5. Bake for 10 minutes or until the centers of the cookies no longer appear wet (they should not brown – if they do, they're overbaked and will be cakey instead of chewy). They should have formed a light crust.
6. Let cool on the cookie sheet for 5 minutes and then remove to a wire rack to cool completely.