

Avocado Goat Cheese Cookies

Description

Avocado alone is awesome. Goat cheese alone is awesome. With this logic, it only makes sense to combine the two and make a cookie, right? Oh, and these might make a perfect surprise for your Valentine's Day sweetheart. ðŸ™¸

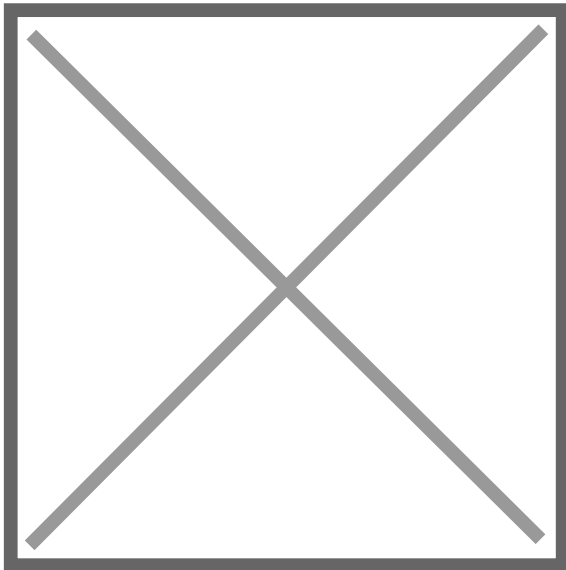
avocado goat cheese cookies, healthy recipe

I'm not sure what made me think of turning these two awesome ingredients into cookies, but my belly sure is happy!

Even if you don't like one or both of these, you might be surprised at how delicious they are and their versatility. Great served in place of flatbread along with a meal, or as an after dinner treat with a drizzle of honey and more goat cheese smeared on top.

Take a little time this weekend (hopefully you have an extra day from President's Day) and make these to go along with your next meal or for a quick and healthy snack.

Avocado Goat Cheese Cookies



by RC Liley

Prep Time: 25 min

Cook Time: 20 ~ 30 min

Keywords: bake appetizer dessert snack gluten-free low-carb

Ingredients (12 medium cookies)

- 1 cup coconut flour

- 3/4 cup oat flour
- 1/4 cup gluten-free rolled oats; or just use more oat flour
- 1/2 cup Stevia-based Baking Blend, 12 drops liquid stevia, or 4 stevia packets; you can use 1/2 cup honey, agave, or sugar instead (add more sweetener if you want a sweeter cookie)
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 tablespoon rosemary
- 4 ounces goat cheese; I used the creamy kind in log form
- 1/4 of a soft avocado
- 2 eggs

Instructions

Preheat oven to 350 degrees

In a food processor, stand, or hand mixer, blend avocado, stevia or sweetener of choice, goat cheese, and egg until well combined.

Sift all dry ingredients and mix thoroughly.

Add dry to wet and process or blend into a wonderfully fragrant cookie batter.

Use a tablespoon to scoop batter and plop onto parchment lined cookie sheet.

Bake for 20 to 30 minutes and flip over halfway through. Each oven varies, so just watch (and smell) these cookies while baking.

Remove and let cool on wire rack for 10 minutes.

Eat and enjoy; sharing is up to you!

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Making cookies can be a fun experience as there are so many variables you can change to make it your own. Sure, you could throw some butter, sugar, eggs, flour, and chocolate chips together for a classic cookie, but that's not unique at all, and definitely not the best as far as health is concerned. I know having them in moderation is perfectly fine, but damn, moderation is easily thrown out the window on any given day. I know from experience.

Hope you enjoy the day and these cookies with friends and family!

Date Created

2016/02/13