

Big Garden Birdwatch Cookies



**Gluten Free, Refined
sugar free.**

Adapted from Big Garden Birdwatch biscuit recipe

Photo by Son 2

Ingredients:

- 2 oz butter
- 1/4 cup honey
- 1 cup nuts walnuts/mixed nuts
- 1/4 cup coconut flour
- 1 egg
- 1/4 cup sunflower seeds
- 1/2 teaspoon vanilla
- 1/2 teaspoon cinnamon
- 1/2 teaspoon bicarbonate of soda.



Method:

Put the nuts in the food processor and whizz until finely ground.

Add the coconut flour, butter, vanilla and cinnamon and whizz again.

Add in the egg and sunflower seeds.

Pour the honey into a small heavy based pan. Bring to the boil and boil for one minute exactly, stirring all the time. Leave to cool for half a minute.

During the half minute, add the bicarbonate of soda to the nut mixture.

With the motor running, carefully pour the hot honey into the mixture until combined.

Put tablespoon heaps on a greased and lined baking tray. Flatten to 1/4 inch thick.

Bake 15 –20 mins 350 F. 160 C. fan, 180 C. until golden brown.

These will not go hard, but are a delicious soft cookie.