



Ingredients:

- 1 cup nuts walnuts/mixed nuts
- 1/4 cup coconut flour
- 1/4 cup + 2 tbs cocoa powder
- 2 oz butter
- 1 egg
- 1/4 cup honey
- 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 cocoa powder and whizz again. Add in the egg. The mixture should now stick together. 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. Using a tablespoon scoop, make balls of dough - moulding them by rolling them in your palms. Put them 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 should go slightly crispy. Store in an airtight container.