



## Coconut Shortbread Cookies

8 servings  
20 minutes

### Ingredients

- 1/2 cup Coconut Flour
- 2 tbsps Arrowroot Powder
- 1/4 cup Coconut Sugar
- 1/4 cup Coconut Oil (melted)

### Nutrition

Amount per serving	
Calories	113
Fat	8g
Saturated	7g
Carbs	10g
Fiber	3g
Sugar	5g
Protein	1g
Cholesterol	0mg
Sodium	15mg

### Directions

- 1 Preheat the oven to 350°F (177°C). Line a baking sheet with parchment paper or a silicone baking mat.
- 2 In a mixing bowl, stir the coconut flour, arrowroot and coconut sugar together. Fold in the coconut oil until evenly combined.
- 3 Gently squeeze and shape a tablespoonful of the dough into a ball. Transfer to the baking sheet and use your fingers to flatten each ball slightly. Repeat until all the dough is used.
- 4 Bake for five minutes or until golden brown. Let cool completely before serving to allow the cookies to firm up, at least 15 minutes. If the cookies are too crumbly, freeze them before serving.

### Notes

**Leftovers:** Freeze in an airtight container or freezer bag. Serve from frozen for best results.

**Serving Size:** Each serving equals one cookie.

**Coconut Flour:** This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.