



Scrumptious Grain-Free Snickerdoodles



Vegetarian



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



25 min.

SERVINGS



24

CALORIES



47 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar blue (I used the coconut sugar from Mountain Organics)
- ☐ 0.8 cup coconut flour red (I buy Bob's Mill brand)
- ☐ 0.5 cup coconut oil melted (I buy Nutiva brand here)
- ☐ 4 eggs room temperature
- ☐ 2 Tablespoons ground cinnamon
- ☐ 0.3 Teaspoon salt
- ☐ 0.5 Teaspoon vanilla extract
- ☐ 2 Tablespoons sugar white

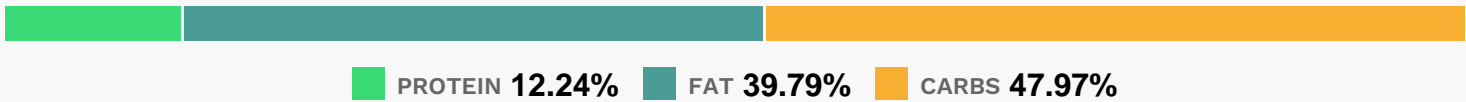
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack

Directions

- ☐ Preheat your oven to 375°F.In a mixing bowl, beat the 1/2 cup of white sugar, coconut or brown sugar, eggs, vanilla, and coconut oil together (make sure those eggs aren't cold, otherwise the coconut oil may solidify and leave little chunks).In a small bowl, stir the coconut flour and salt together, and then stir them into your wet mixture.
- ☐ Let it sit for 5 minutes. If the dough appears too soft or wet to handle, place it in the refrigerator for 30 minutes. It will set up quite a bit as the coconut oil chills and solidifies.
- ☐ Combine the two topping ingredients in a small bowl.Scoop the dough and roll it into balls. Jamie suggests using a small melon ball scooper, but I did them by hand and they were just a little smaller than a golf ball.
- ☐ Roll the balls in the cinnamon-sugar mixture, place the cookies on a baking sheet (preferably lined with parchment paper or a silicone baking mat – I use a baking mat), and flatten them a bit. They don't spread much.
- ☐ Bake the cookies for 15 minutes. They will darken slightly.
- ☐ Let the cookies sit on the baking sheet for a few minutes, before removing them to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:4.05, Glycemic Load:0.72, Inflammation Score:-1, Nutrition Score:1.3299999932718%

Nutrients (% of daily need)

Calories: 46.59kcal (2.33%), Fat: 2.14g (3.29%), Saturated Fat: 1.51g (9.44%), Carbohydrates: 5.8g (1.93%), Net Carbohydrates: 4.13g (1.5%), Sugar: 3.4g (3.77%), Cholesterol: 27.28mg (9.09%), Sodium: 42.63mg (1.85%), Alcohol: 0.03g (100%), Alcohol %: 0.19% (100%), Protein: 1.48g (2.96%), Fiber: 1.67g (6.7%), Manganese: 0.12mg (5.94%), Selenium: 2.28µg (3.25%), Vitamin B2: 0.03mg (2%), Iron: 0.28mg (1.56%), Phosphorus: 14.95mg (1.5%), Vitamin B5: 0.11mg (1.15%), Vitamin B12: 0.07µg (1.09%), Calcium: 10.83mg (1.08%)