

Coconut Fig Chews (GF,CF)

½ cup chopped figs (10-12)
½ cup unsweetened fruit juice or water
1 cup unsweetened coconut ,shredded or flakes
½ cup ground sesame seeds
1/8 tsp. salt
½ tsp. powdered stevia extract
2 T cashew butter
1/3 cup gluten-free flour

Preheat oven at 350°. Oil a cookie sheet. Yield 12-14 cookies.

Stew the chopped figs in the fruit juice or water for 8-10 minutes. Add the coconut to the pan, mix, and set aside.

Grind the sesame seeds in a blender. In a mixing bowl place the stewed figs and coconut, sesame seeds, salt, stevia, cashew butter, and flour. Mix well. Shape the cookies with your hands. Place on cookie sheet and flatten slightly.

Bake 12-14 minutes.

NOTE: May add one tsp. of powdered stevia herb.