

Almond Cherry Thumbprint Jam Cookies (Paleo, Vegan)

Adapted from Detoxinista.com

Cherry and almonds is one of my favourite flavour combinations (see my previous [Cherry Almond Smoothie](#) post). These cookies are filling, not too sweet, and healthy enough to eat for breakfast. Any jam can be used (try my [Strawberry Raspberry Chia Jam](#)) or try the easy to make cherry jam below. Yes, it is easy to make this jam as there is no waiting or gelatin used - just Omega 3-filled chia seeds to act as the binding ingredient.

Sansational!



Makes 16 - 24 cookies (depending on your desired size)

FOR THE COOKIES

¼ cup coconut oil, softened

¼ cup pure maple syrup

1 teaspoon vanilla extract

½ teaspoon almond extract
2 cups almond flour
¼ teaspoon fine sea salt

FOR THE CHERRY JAM

½ cup fresh or frozen cherries
¼ cup water
1 tablespoon chia seeds
1 tablespoon pure maple syrup

Directions:

1. Preheat the oven to 350F and line a baking sheet with parchment paper, or a Silpat. In a small saucepan, combine all of the cherry jam ingredients, bring to a boil and let cool and for at least 15 minutes while you prepare the cookies.
2. In a separate bowl, cream together the coconut oil, maple syrup, vanilla and almond extracts until smooth. Gradually stir in the almond flour and sea salt, and mix well until a uniform dough is formed.
3. Scoop the dough by tablespoons and use your hands to roll into smooth balls. (I made mine into one inch balls and this made 16 cookies). Place the balls onto the lined baking sheet, about 2 inches apart, and use your thumb to press into the center of each cookie, creating a well for the jam.
4. To prepare the cherry jam filling, transfer the jam ingredients into a high-speed blender, and blend until uniformly combined, about 1 minute.
5. Use a spoon to drop a dollop of jam into the center of each cookie.
6. Bake for about 12-15 minutes until lightly golden. Allow to cool on the baking sheet for at least 10 minutes before transferring to a wire rack to cool completely.

Enjoy!

Cherry Almond Smoothie (Paleo, Vegan)

Cherries and almonds are so delicious together and I believe are an under-utilized combination. I bought a bag of organic frozen cherries at Costco last weekend and thought I would try the cherries in a smoothie with almond flavourings. The result was... Sansational. Try it for breakfast!

Serves 1



Ingredients:

- 1 cup pitted cherries, fresh or frozen
- 1 scoop vanilla protein powder (I used [Vega Protein & Greens](#))
- 1 tbsp almond butter
- 1/2 teaspoon pure almond extract 1 cup coconut milk or almond milk
- 1/2 cup coconut water 6-8 ice cubes ice

Directions: Blend all ingredients in a high speed blender until smooth.

Sansational Tip: I often prepare my smoothie ingredients in the blender cup the night before and leave in the refrigerator overnight to take out for easy blending in the morning. This makes for a quick grab and go smoothie.

Chocolate Almond Gluten-Free Brownies (Paleo)

These are moist, chocolatey, cake-like brownies. Combining all the ingredients in one bowl makes for the quickest brownies ever. The dash of cayenne pepper adds an unexpected kick. Great for a mid-afternoon pick-me-up with a cup of green tea.

Sansational!



Makes 16 small squares

Ingredients:

- 1/2 cup coconut oil, melted
- 2/3 cup coconut sugar
- 1 tsp pure vanilla extract
- 3 eggs
- 1 cup almond flour
- 1/2 cup raw cocoa

1/4 tsp baking soda

1/4 tsp sea salt

1/4 tsp cayenne pepper (optional)

1/2 walnuts, chopped (optional)

Directions:

1. Preheat oven to 350 degrees F. Line a 9 in x 9 in pan with parchment paper.
 2. Mix coconut oil, sugar, and vanilla. Stir well.
 3. Add one egg at a time and stir well after each addition.
 4. Add the rest of the ingredients and stir well to ensure that there are no lumps.
 5. Pour batter into pan and bake for 25 minutes or until centre springs back when gently touched.
 6. Cool on a wire rack for 10 minutes before cutting into squares.
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