

Recipe Details

Recipe Name - Anisette Sponge Cookies

Recipe Steps -

Ingredients

- 1/2 banana, mashed
- 3 Tbsp flax
- 1/2 cup plus 1 Tbsp water
- 1/2 cup organic Lucuma powder
- 1/4 cup pure maple syrup
- 2 1/2 cups oat flour
- 2 tsp baking powder
- 1/2 tsp baking soda
- 4 tsp anise extract

Instructions

- 1. Preheat oven to 350 degrees
- 2. Blend banana, flax, and water in a mixer until light and fluffy
- 3. Add the lucuma powder and maple syrup, and blend well
- 4. Add the oat flour, baking powder, and baking soda, and blend just until incorporated
- 5. Add in anise extract, blend
- 6. Place dough on a parchment-lined cookie sheet. Form into a log at least 12 inches long
- 7. Place in oven and bake at 350 degrees for 20 minutes.
- 8. Remove from oven, let cool for 5 minutes.
- 9. After cooling time, cut into cookies and place each cookie onto the parchment-lined cookie sheet
- 10. Bake 10 minutes longer
- 11. Enjoy!



