



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!

