

Mango and Almond Quinoa Sugar Cookies

Makes 18

You'll need: food processor, dehydrator

Preparation time: 30 minutes

Total time: 12 hours 30 minutes

Ingredients:

1 cup gound almond

1 cup quinoa seeds, soaked 4 hours, drain and rinse thoroughly until the water comes out clear

1/3 cup coconut sugar

3/4 cup fresh ripe mango, peeled and diced

- Combine all the ingredients in the food processor and process until well combined (stick together).

1+ 1/4 cup whole almond, soaked 6 hours

- Add whole almond and pulse a few times. You could keep it more or less crunchy - it's really up to you.

1 cup fresh ripe mango, peeled and diced

- Remove mixture from food processor and pour into a large bowl.
- Next add in the mango and stir together until evenly combined.
- Scoop out about 2 heaping tbsp (I used a small ice cream scooper) of cookie dough and then flatten them into cookie shapes.
- Place cookies on a dehydrator sheet, and
- Dehydrate at 140°F for 2 hour
- Decrease heat to 118°F and continue to dehydrate until done (approximately for 10 to 11 hours)

Enjoy!

