



Almond-Banana Gluten-Free Cookies (Vegetarian, Vegan, Dairy-Free options)

Recipe Makes Either Cookie:

- 1) Heart-shaped with raspberry filling; or,
- 2) Regular with Raisins

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These cookies make great snacks for breakfast and a special treat with a nice cup of herbal tea. My husband loves these. Make them heart-shaped for special occasions of love.

These delicious gluten-free cookies are easy to make, great tasting and healthy. The Almond flour made from Almonds have health properties of antioxidants, fiber, protein, magnesium, Vitamin E and healthy fats.

These cookies can be made as round cookies with raisins or heart-shaped using a [cookie cutter](#), no raisins and raspberry filling.

Dry Ingredients:

2 cups of Almond *Flour*, finely ground – not Almond Meal

We use [Costco's Kirkland Brand](#), [Bob's Red Mill](#), or [Anthony's](#) usually available at Whole Foods or Natural Grocers' (regional) own brand in the freezer section.

If you desire a grain free/nut-free recipe, try substituting [Anthony's Tiger Nut Flour](#) made from a root vegetable (Please note, with substitutions recipe results may vary)

1/4 tsp baking soda

1/4 tsp mineral salt or mineral salt to taste

1 cup [Organic raisins](#) (only if making traditional round cookies without the raspberry filling)

Wet Ingredients:

½ tsp non-alcohol [organic vanilla extract](#) (or [with alcohol](#)) We use these from Frontier brand.

½ cup of [organic maple syrup](#) – We also use the [Costco Kirkland brand](#).

- 2 medium, ripe organic bananas, peeled and mashed.
- 1 Tbsp of Extra Virgin Olive oil – Vegan Dairy-Free option

Raspberry Jam Filling:

- 1 cup of frozen or fresh raspberries
- 1 tablespoon of Organic Maple Syrup

Mash or puree raspberries in a [food processor](#) or bowl and mix in the maple syrup.

You can also purchase ready-made clean organic raspberry jam or any fruit jam made from fruit juice with no sugar or preservatives added.

Directions:

Preheat oven to 300° F. It is healthier to cook anything with ground nuts at lower temperatures so they don't overcook or burn.

In a mixing bowl combine dry ingredients of Almond Flour, baking soda and mineral salt. Whisk well so baking soda is mixed thoroughly into the almond flour.

In a separate bowl or [food processor](#), mix or mash bananas. Add remaining wet ingredients of maple syrup and vanilla and mix.

Slowly add dry the ingredients into the wet ingredients bowl and mix or in add to the [food processor](#) with the wet ingredients. Pulse the food processor or mix until a thick, batter consistency.

Taste-test the batter only if no eggs were used. Make sure baking soda is mixed thoroughly and add extra maple syrup or salt, if needed, according to taste. If making the raisin option, fold in the raisins.

Use [unbleached parchment paper](#) on a cookie sheet pan. Use small spoon to create round cookies with raisins. For heart shaped cookies put batter into heart shaped cookie mold, no raisins.

Cook in 300° F oven for 30 minutes, checking at 15 minutes. The bottom of the cookies should be lightly brown. Remove from oven. If making heart-shaped raspberry version, when cooled make two thumbprints and fill indentations with the raspberry filling. Enjoy these for yourself and/or with loved ones. Serve with herbal tea in "[A Shining Light](#)" affirmation mugs that I designed. Blessings from my kitchen to yours – With Love, Cynthia



Enjoy the cookies with my, "A Shining Light" Affirmation [Mug](#)

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Please note I've included some links on Amazon from which I may or may not receive a small affiliate fee and so you can order online and/or see what the packaging looks like. For specialty items, the prices may be higher than the prices in your grocery store. These days, you can find gluten-free products and some organic items at most stores.

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