**Almond Nut Cookies**

Makes 12

175g ground almonds (from baking section of major supermarkets)

A sprinkling of salt

1oz honey

1-2 tbsp. Vanilla/Lemon or Orange Essence (please make sure that this does not contain sugar. The “Taste the Difference” range from Sainsbury’s does good quality, sugar-free essences). For an alternative flavour use 1-2 tbsp. of cinnamon or mixed spice

75g Coconut Oil, melted

1. In a mixing bowl, combine the ground almonds and salt

2. Beat together the coconut oil, honey and essence. Mix into the almond flour and beat well. This mixture can be kept in the fridge until ready to cook.

3. Take walnut size pieces and press into circles on a lined baking sheet. Bake in the oven at 180C for 10-15 minutes until golden.

Allow to cool on a wire rack and enjoy.