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## Treats Recipes



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# Almond Cookies



## Ingredients

- ¼ cup almond flour
- 2 tablespoons coconut flour
- 1 tsp coconut sugar (adjust to taste)
- ¼ cup almond butter
- ¼ - ½ cup almond milk
- ½ cup whole almonds, divided
- 1 tsp cinnamon
- 1 tsp sea salt
- 1 tablespoon shredded coconut

## Optional Additional Ingredients

75% or 80% coco solids chocolate chunks

Dried fruits

Chopped nuts



## Method

In a small mixing bowl, add the almond flour, coconut flour, coconut sugar, cinnamon and sea salt. Add the almond butter and mix well until a crumbly batter is formed.

Add in almond milk slowly, one tablespoon at a time, until a firm dough is formed. Add in the shredded coconut, half the whole almonds and any other mix ins as desired.

Form into palm sized cookies and plate. Add remaining whole almonds on top and refrigerate for 2-4 hours to firm up.

These were so nice and so healthy that I decided they would make a great snack to eat when we are out and nothing suitable is available in the cafes!

We thought these almond cookies could be a good occasional breakfast when we are in a rush - a bit like a breakfast bar only much better

# Banana Cake Cookies



## Ingredients

½ cup of coconut flour

3 soft medium sized bananas

¼ cup of cashew butter ( you can use any nut butter you have to hand)

¼ cup of maple syrup or agave syrup

Chocolate chips - 2 tablespoons full



## Method

Pre warm oven to 350 F. Line a baking dish with baking paper and set aside.

In a mixing bowl, add the coconut flour and banana and mix well- This should be very crumbly.

Melt your nut butter in the microwave with maple syrup and pour into the dry mixture. Mix until fully incorporated and a thick batter is formed.

Add chocolate chips if desired. Roll into balls and place on lined cookie sheet. Press firmly into a cookie shape and bake for 12 minutes.

Remove and allow to stand 10 minutes until they firm.

(If you feel batter is not runny enough, add a bit more nut butter.)

These were so easy to make that we made them with the smallest grandchildren in just a few minutes. Soon we were all eating warm cookies mmmm! I ate one later cold too, but they are definitely better warm.

# Crunchy Cashew Cookies



## Ingredients

2 cups any crunchy nut butter

2 cups of coconut sugar (can sub for standard white sugar)

2 large eggs

1 cup of salted cashews chopped roughly

Pink Himalayan salt

## Method

Heat oven to 180 degrees C. Whisk eggs until frothy. In a large mixing bowl, combine nut butter, coconut sugar and eggs. Mix well.

Place golf ball sized cookie dough on a lined baking tray. Press down on each cookie with a fork.

Evenly distribute the chopped, salted cashews on top of each cookie. Sprinkle sea salt over the cookies and place in the oven.

Bake in the oven for 12-15 minutes, or until golden brown. Remove from the oven and allow to cool completely on the tray.



# Chocolate Chunk Cookies



## Ingredients

¼ cup of coconut flour

2 tablespoon cocoa powder

1 tablespoon coconut sugar (or maple syrup)

½ teaspoon of baking powder

1 tablespoon coconut oil, melted (or butter)

¼ to ½ cup of almond milk

2 tablespoons chopped walnuts

1 to 4 squares of dairy free dark chocolate, broken into chunks

## Method

Preheat the oven to 180 C and line a baking tray with a cookie sheet.

In a small mixing bowl, combine flour, cocoa powder, coconut sugar, and baking powder and mix until combined.

Add the melted coconut oil and one tablespoon at a time, add the milk until a very thick batter is formed. Stir through the chopped walnuts and dark chocolate chunks.

Take a spoonful and make into cookie size of your choice by rolling round and round in your hand to form a ball shape, and then press flat onto the lined baking tray.

Bake in the oven for 10-12 minutes until cooked on top and mostly firm. Remove from oven and allow to cool on the baking tray.



# Go Faster Chocolate Balls

## Ingredients

100g soft prunes  
30g goji berries  
30g pistachios  
100g almonds  
60g coconut oil  
50g desiccated coconut  
3 heaped tablespoons cocoa powder  
Quarter of a small cup of maple syrup



## Method

Weigh all ingredients out. Put dried gojis, pistachios, almonds in blender, whizz till it's like rough crumbs. Tip into a bowl. Add cocoa powder and desiccated coconut.

Melt the coconut oil (microwave or pan) add maple syrup. Add to blender with the prunes. Whizz till it's a thick brown liquid.

Add the liquid to the dried mix and mix by hand until it's evenly blended in.

Take a teaspoon. Scoop one heaped teaspoon of mix, roll into a ball between your palms. Drop into a curved dish of desiccated coconut. Roll it around until coated. Place it on a plate with all the others in the fridge to harden.

These will keep in the fridge for about a week.

I eat one or two through the day and another one straight after supper. Both the prunes and the cocoa are very high in anti oxidants which is ideal for counteracting cell aging.

# Energy Balls



## Ingredients

100g dried pitted chopped dates  
25g dried goji berries  
25g pistachios  
50g chopped/ground almonds  
100g shredded coconut (keep 50g back for rolling in)  
3 tbsp Organic Cacao Powder  
30g Coconut Oil (warm to liquid)

## Method

Warm Coconut oil gently in microwave or pan.  
Soak dates in water for 15 mins (Just enough to cover)  
Drain dates and mix all ingredients but the coconut in a food processor and mix till you have a course paste. Mix in the shredded coconut by hand for a nicer texture. Make into balls and roll in the rest of the shredded coconut and chill in fridge till firm.



