Spelt Chocolate Chip Cookies

This has been made a healthier alternative to the traditional favourite by using **heart healthy coconut oil, fibre-**filled spelt flour and nutrient dense hemp hearts

Ingredients

1 1/4 cups spelt flour

1/4 teaspoon salt

1 teaspoon baking powder

1/2 teaspoon baking soda

1 TBSP or so of hemp hearts

1 teaspoon nutritional yeast (if available)

3 TBSP cup coconut palm sugar

1/3 cup maple syrup

1/3 cup melted coconut oil

1/3 cup of Enjoy Life dark chocolate chips or mega chunks

1 1/2 teaspoons vanilla extract

Add whatever else you want: handful of walnuts (chopped), raisins, or cranberries.

Directions

1. Preheat oven to 350 degrees F. Line a cookie sheet with parchment paper or use a non-stick cookie sheet.
2. Put coconut oil in a small pot on low heat so it can melt while you make the cookies. (Remember to take the pot off the heat once melted.)
3. In one bowl, thoroughly stir together spelt flour, salt, baking powder, baking soda, hemp hearts, nutritional yeast and sugar.
4. In a second bowl, stir together maple syrup, oil and vanilla extract.
5. Add the oil mixture to the spelt mixture and stir until combined. Stir in chocolate chips.
6. Drop a rounded tablespoon onto a prepared cookie sheet and bake for 13 minutes. Let sit for a few minutes on top of the stove.