

GF White Chocolate Chip Hemp Seed Cookies

Your kids will never guess that these delicious cookies are loaded with healthy fats, protein and fiber.

Ingredients

1 cup gluten free hemp flour (GF almond flour or brown rice flour can also be used)
1 cup rolled oats (we like Bob's Red Mill Gluten Free)
3/4 cup shredded coconut (optional)
1/4 cup chia seeds (optional)
1/4 cup hemp seeds (also called hemp hearts)
1/4 cup white chocolate chips (optional, semi-sweet or dark chocolate chips can also be used)
1/2 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt
1/4 cup (1/2 stick) butter, soft (room temp)
1/3-1/2 cup Lakanto Monk Fruit sweetener
1 tsp. pure vanilla extract
1 large egg



Instructions

1. Preheat oven to 350 F.
2. In a medium bowl, whisk together the flour, oatmeal, coconut, chia and hemp seeds, baking powder, baking soda, and salt.
3. In a separate large bowl, beat the butter with the Monk Fruit sweetener until it's creamy, then add the vanilla and egg, and beat until well combined.
4. Stir in the flour mixture until nearly combined, then add the chocolate chips and stir until all of the dry flour mixture is incorporated.
5. Using a small cookie scoop or two tablespoons – place even sized scoops of dough (about 1-2 tbsp. depending on how large you want your cookies) on a parchment-lined cookie sheet and flatten them slightly with your fingers (moisten fingers with water to keep them from getting sticky).
6. Bake cookies at 350 F until they start turning golden brown at the edges (about 12-14 minutes, shorter for softer cookie, longer for crunchier cookies).
7. Cool cookies before serving. They will firm up as they cool. Store in an airtight container at room temp for up to 1 week or freeze for up to 4 months.

Why Hemp?

Hemp seeds are very nutritious - rich in healthy fats, protein and vitamin E - and they have a wonderful mild nutty flavor. Learn more about the health benefits of hemp seeds at:

<https://www.healthline.com/nutrition/6-health-benefits-of-hemp-seeds>