

## Date Pecan Coconut Cookies

*Yield: 2 dozen*

- 4 T. vegan margarine
- ½ c. coconut sugar
- 1 t. vanilla powder
- ¼ t. salt
- ¼ c. almond milk, unsweetened
- 1 c. white spelt flour
- ¼ c. almond flour
- ½ c. each: coconut, chopped dates, chopped pecans, carob chips

### Directions

1. Cream first 4 ingredients and stir in almond milk.
2. Add flours and mix well.
3. Stir in coconut, dates, pecans and carob chips.
4. Bake at 350° for 12-14 minutes on parchment-lined tray.

### Did You Know?

<https://ilovepecans.org/nutrition-in-a-nutshell/>

- **Since 2012, pecans have been recognized as a heart-healthy food by the American Heart Association.**
- **Pecans contain more than 19 vitamins and minerals – including vitamin A, vitamin E, folic acid, calcium, magnesium, phosphorus, potassium, several B vitamins and zinc.**
- **1 ounce of pecans provides 10% of the recommended Daily Value for fiber.**
- **Pecans are a natural, high-quality source of protein that contain very few carbohydrates and no cholesterol.**
- **“Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as pecans, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.”**