



FREE FROM
GLUTEN,
EGGS, DAIRY
AND ANIMAL
PRODUCTS

ALLERGY-FRIENDLY COOKIE SANDWICHES

TIMING

DOUGH PREP 20-30 mins

CHILLING/RESTING 1 hour minimum, preferably overnight

BAKING approx. 15 mins

MAKES 15 cookie sandwiches

INGREDIENTS

300 g (10½ oz) cashew pulp (left-over pulp from making cashew milk, see page 243)

200 g (7 oz) gluten-free flour

1 tablespoon salt flakes

150 g (5½ oz) coconut sugar

100 g (3½ oz) coconut oil, melted but coolish

150 g (5½ oz) chopped 70% dark chocolate

400 g (14 oz) Allergy-friendly Chocolate Ganache (page 116), ratio 1:1

This is another recipe that was developed out of my unwillingness to waste. If I'm going to the trouble of buying cashews to make milk from, I don't JUST want to milk them—I WANT TO MILK THEM FOR ALL THEY'RE WORTH. So in this recipe, cashews have become the hero as a cookie base post-milking. These cookies are seriously addictive and probably the healthiest thing I've created to date.

METHOD

Chuck all the ingredients except the chocolate and ganache in the bowl of your stand mixer fitted with the paddle attachment, and mix on low to combine. Add the chocolate and mix until just combined. Make sure that your coconut oil is only just melted and not hot, or it will melt the chocolate. If this does happen, don't stress—the cookies will still work and be delicious, it's just not what I intended for them.

Scoop out portions of mixture using a small cookie scoop (about the size of a tablespoon)—if you don't have one, just use whatever you can. You just need the cookies to be fairly evenly sized so that they don't make wonky, misshapen sandwiches. If you are winging it without a cookie scoop, roll the portions into balls and place on a tray lined with baking paper, leaving about 2 cm (¾ in) space between balls. If you're scooping with a scoop, just scoop onto the tray, spaced out.

When the tray is full, lay another layer of baking paper over the top. Grab a second tray and use it to evenly squish the cookie dough until it is about 1.5 cm (⅝ in) thick. Chill for at least an hour in the fridge (or less in the freezer), so that the dough is firm and holds its shape. You can put the raw cookies into a container at this stage and store in the freezer to bake as required.

Whenever you decide to bake them, preheat your oven to 180°C (350°F). Line a baking tray with baking paper and put the chilled cookies onto the tray, leaving a small space between each cookie. These don't spread so the gap doesn't have to be enormous.

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