

*See Mel Go Blog*

## Flavor Friday

March 5, 2010

<http://seemelgo.wordpress.com/2010/03/05/flavor-friday-6/>

The Tullys next to my building has recently begun stocking Blisscuits, a healthy cookie-esque snack created by Mariel Hemingway. I'm skeptical of any celebrity endorsed food, but these are delicious and addicting, especially the cinnamon ones. (Much better than the croissant or muffin I usually buy with my coffee). The great thing is the recipe is available in her cookbook, *Mariel's Kitchen: Simple Ingredients for a Delicious and Satisfying Life*, and I have it for you below.



Mariel's Blisscuits

### INGREDIENTS

2 cups almond meal

1 cup plus 2 tablespoons whey protein isolate powder

1 cup plus 1 tablespoon Xylosweet

1/2 cup finely shredded coconut

3 tablespoons coconut flour

2 1/2 tablespoons ground cinnamon

1 3/4 teaspoons baking powder

2 1/4 teaspoons xanthan gum

1 cup coconut oil

3 large egg whites

1 1/4 teaspoons vanilla extract

3/4 teaspoon almond extract

## DIRECTIONS

1. Preheat oven to 300-degrees Fahrenheit. Cover two large baking sheets with parchment paper and set aside.
2. Place all dry ingredients in a large bowl and mix together well. In a medium bowl, whisk together coconut oil, egg whites, and vanilla and almond extracts. Pour wet ingredients into dry and mix together well.
3. Roll out dough to 1/4 inch thick and cut into 2-inch squares. Or form into 2-inch patties, 1/4 inch thick, with your hands. Place on prepared baking sheets and bake until golden, 15-20 minutes.
4. Let cool before storing in an airtight container for up to 4 days or freeze for up to a month. Suggestion from Mariel: "Divide dough into 1-cup amounts and wrap tightly in plastic wrap, then in foil. Blisscuit dough can be frozen for up to 2 months. This way you can defrost a cup at a time and bake fresh Blisscuits whenever you like."

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