

# Gluten-Free Raspberry Jam Cookies

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

## Ingredients:

- 1/4 cup coconut oil, melted
- 1/4 cup maple syrup
- 1/4 cup applesauce
- 1 egg
- 1/2 teaspoon vanilla extract
- 1/3 cup ground almonds (otherwise known as "almond flour or meal")
- 1/3 cup coconut flour, sifted
- 1/3 cup tapioca flour (otherwise known as "tapioca starch")
- 1/2 cup raspberry jam (I used Crofter's Organic Raspberry Jam)

## Instructions:

1. Preheat your oven to 350 degrees F.
2. Preferably in an electric mixer like a KitchenAid combine the oil, maple syrup, applesauce, egg, and vanilla. Then add the tapioca flour, almond flour, and coconut flour. Mix again.
3. Roll into little balls and place on a greased cookie sheet or parchment paper.
4. Use your fingers to create an indentation and fill it with raspberry jam. Bake for about 12-15 minutes on convection oven or 20 minutes with regular oven setting.