

Salt and Serenity

Angela Liddon, of the charming blog, "Oh She Glows", created this recipe.

1/2 cup natural smooth almond butter *
1/4 cup plus 3 tablespoons (105 mL) pure maple syrup
3 tablespoons (45 mL) virgin coconut oil, softened but not hot**
1/2 teaspoon pure vanilla extract
1/2 cup (50 g) gluten-free rolled oats
1/4 cup plus 2 tablespoons (50 g) gluten-free oat flour
1/4 cup (33 g) arrowroot flour/starch
1/4 cup (25 g) almond flour
1/2 teaspoon baking soda
1/2 teaspoon Kosher salt
150g bittersweet dark chocolate***
1 teaspoon flaky sea salt (such as Fleur de sel)

1. Preheat the oven to 350°F (180°C) and line a very large (approx. 21 by 15 inch) baking sheet with parchment paper.
2. In a large bowl, stir together the wet ingredients (almond butter, maple syrup, oil, and vanilla) until completely smooth.
3. Stir the dry ingredients (oats, oat flour, arrowroot, almond flour, baking soda, and salt) into the wet mixture, one by one, until thoroughly combined. The dough will be a bit wet/oily, but this is normal.
4. Chop the chocolate into small chunks. Set aside 3 tablespoons (for topping the cookie dough later), and stir the rest of the chocolate into the batter until combined.
5. Using a large retractable ice cream scooper, scoop out balls of dough. I used a #30 scoop, which holds just over 2 tablespoons of dough. Place balls of dough onto the baking sheet, about 3 inches apart, as they'll spread a lot while baking.
6. Press the remaining 3 tablespoons of chocolate onto the tops of the cookie dough mounds, evenly distributed. (Reshape the cookie dough mounds if they flatten a bit.) Sprinkle with flaky salt. Chill dough for about an hour.
7. Bake for 11-12 minutes

8. Cool the cookies directly on the baking sheet for about 5 to 6 minutes. The cookies will be super delicate until they are cooled. Using a spatula, gently transfer each cookie directly onto a cooling rack for another 10 minutes, where they'll firm up even more. (It's normal to have a small amount of oil on the bottom of the cookies due to the almond butter. If this bothers you, simply place them on a couple sheets of paper towel.) Serve and enjoy! Allow the cookies to cool completely before storing.

Tips:

- * It's important to use natural smooth almond butter that has a fairly "drippy" consistency. Be sure to stir it very well before measuring and avoid using the dry/hard nut butter at the bottom of the jar as it's too difficult to mix with the other wet ingredients. Some readers have also said that using peanut butter resulted in cookies that didn't spread out and didn't hold together, so I wouldn't recommend subbing the almond butter.
- ** What is softened coconut oil? During the warm summer months, coconut oil is the perfect "softened" consistency at room temperature; it's neither solid nor completely melted. If you do need to use melted coconut oil, just be sure that it's not hot/warm or it could melt the chocolate.
- *** Angela used Camino 55% dark chocolate bars in this recipe, but I prefer Valhrona Dark Bittersweet 64%.