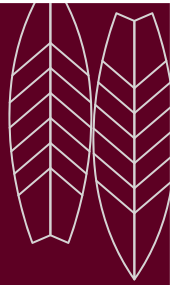


Arum Nixon's Salted Cashew Nut Cookies

These cookies are so simple, made from mostly nuts and a bit of extra sugar – but they taste incredibly rich and indulgent. The butteriness of cashew nuts is perfect for a cookie, and the salt flakes take the edge off the sweetness. So long as you use gluten – free baking powder, they're a great gluten free alternative to regular cookies.

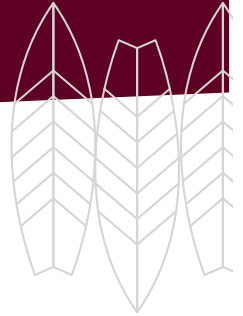


Westfield

NAKED FOODS
ORGANIC HEALTH FOODS



Arum Nixon's Salted Cashew Nut Cookies



Ingredients

- 250g cashew nut butter
- 150g brown sugar
- ½ tsp baking powder
- 1 egg
- 1 tsp vanilla essence
- 50g roasted salted cashews
- 1 tsp salt flakes

Method

1. Preheat the oven to 180 degrees and line 2 large baking trays with baking paper.
2. Add the nut butter, sugar and baking powder to a large bowl, and beat together until smooth. Beat together the egg and vanilla essence and mix into the nut butter mixture.
3. Roughly chop the whole cashew nuts and stir through the cookie dough.
4. Scoop out dessert spoons of the mixture and place on a tray, flattening slightly. Leave about 5cm between each as they will spread when they cook. Sprinkle the salt flakes over each cookie.
5. Place in the oven and bake for about 10 minutes, until they are starting to colour at the edges. They will still look a bit 'uncooked' and be very soft.
6. Remove from the oven and allow to cool on the baking sheet for about 10 minutes. Once they feel firm enough to move, transfer to a wire rack to cool.

Tips and Tricks

- These cookies are very easy to vary – so have some fun. Try with different nut butters such as almond or hazelnut and mix up the bits in them. Dried cranberries would be delicious in these, or maybe toasted coconut. And don't forget chocolate chips of course.
- They're also a great standby recipe should you ever 'need' some in a hurry! Keep a jar of your favourite nut butter in the cupboard and they can easily be made from pantry staples.
- Adding salt to desserts and baking is a great way to take the edge off the sweetness. It also helps bring out the flavour. Try a sprinkle of salt flakes on chocolate mousse, it's a revelation.

Makes around 12 cookies

