Content

Grocery List

Broccoli

Carrots

Cauliflower

Kale

Spinach

Parsnips

Mushrooms

Tomatoes

Cookies

¹∕₂ cup softened vegan butter

¹∕₂ cup coconut sugar or organic cane sugar

3 Tbsp aquafaba (liquid from a can of chickpeas, not whipped) or pumpkin purée

1 Tsp vanilla extract

³∕₄ Tsp baking powder

¹∕₄ Tsp cream of tartar (optional adds tanginess — if you don’t have, omit)

1 ¹∕₄ Tsp ground cinnamon

¹∕₄ Tsp sea salt

1 ¹∕₃ cup gluten-free flour blend

1 ¹∕₄ cup almond flour (not almond meal)

2 Tbsp cornstarch or arrowroot starch (cornstarch yields slightly fluffier texture)

Instructions