

Diabetic Cashew Cookies and Pancakes

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3 cups cashew flour
1 cup cashew nuts - coarsely chopped
1/2 cup sesame seeds
2 teaspoons baking powder (non-aluminum) (2 tablespoons for pancakes)
2 teaspoons ground cinnamon
1 teaspoon ground nutmeg
1/2 teaspoon sea salt
1/2 cup cold pressed sunflower oil
3 organic eggs, beaten
1/4 cup water (1/2 cup for pancakes)
Organic butter to spread

Preheat oven to 350 F. Mix dry ingredients, then add liquids & mix well. Spoon out onto a lightly oiled cookie sheet with a tablespoon or medium size ice cream scoop. Then, flatten slightly. Bake 30 minutes or until slightly brown. Cool on a wire rack. Makes approximately 26 cookies. Turn the cookie upside down and add butter. 8.5 grams of carbohydrate per cookie.

3 Egg Substitute:

1 teaspoon xanthan gum
1 teaspoon agar agar



Diabetes and Serotonin - Migraine and Serotonin

We Can Ease Your Carbohydrate Craving and Prevent Migraine Headaches

A Natural Approach to a State of Well-Being

See www.allocca.com for more information