

# How to Make Sugar-Free Lemon Cashew Cookies

With Rachel Davies

[Music Playing]

Rachel: Hi, welcome to Down to Earth! My name is Rachel...

And today, we're going to do a really delicious sugar-free cookie.

It's made with lemons and cashews and coconut.

I love this recipe because I eat only sugar-free food...

And sometimes I'm desperate for a sweet treat...

And I can make it in just five minutes.

Ok, let's get started!

Alright, so we'll add our cashew nuts.

Then our coconut...

Then our coconut oil...

It's going to make the cookie nice and sticky...

So it will all stick together...

Our lemon zest...

Some nice color in there...

And finally, the lemon juice.

I like to hold a little of the lemon juice back.

Just so I can taste it at the end, and adjust it to my palate.

Now we're going to add a little bit of Stevia...

Stevia is a sweet substance that has no sugar in it.

And it's really great for... healthy eating.

So I like to add three big ones to begin with...

And then I adjust it to taste a bit later on...

Ok, let's blend.

[Blending Sound]

We need to make sure that it's got a nice sticky consistency...

Yes, perfect.

So it will make a nice cookie.

Now just have a little taste...

See if I want to add the rest of my lemon juice.

Or any more Stevia...

Mix in anything that's left over on the sides...

And give it one last little mix.

[Mixing Sound]

Once the dough is blended, we'll roll it into some nice little cookies.

I like to take kind of a "Golf Ball" shape.

Just into the palm of my hand.

And fashion it into a nice little round ball.

It's really cool...

But what I like to do the most...

Since we live here in Hawaii...

And it's so warm...

I like to just pop the cookies into the freezer...

And it's going to firm them up...

I've just lined this plate here with plastic...

And it's going to stop the cookie from sticking...

Alright, let's pop them in the freezer.

[Music Playing]

Ok, it's been a few minutes.

And our cookies should be nice and cool...

So let's have a look...

Here they are...

Nine delicious little lemon cashew sugar-free cookies.

I hope that you enjoy these as much as I do.

And if you'd like to learn some more about cooking and recipes...

Please feel free to join us at Down to Earth.

At any of our cooking classes...

And you can join me, Rachel...

In Kahalui on the first and third Thursday of every month.

Alrighty... bye! Thanks for joining us!

[Music Playing]

Check out the recipe on the Down to Earth website:

<https://www.downtoearth.org/recipes/desserts/sugar-free-lemon-cashew-cookie> .