

## No-Flour, No-Sugar Cookies - The Clean Energy Snack I Keep on Repeat

, these cookies are naturally sweet, crunchy, and satisfying.



**OVEN**  
**325°F**

**TIME**  
**15 min**

**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

### INGREDIENTS

70g (2.5 oz) dried apricots  
50g (1.8 oz) walnuts  
70g (2.5 oz) hazelnuts  
30g (1 oz) pumpkin seeds  
40g (1.4 oz) sunflower seeds  
20g (0.7 oz) sesame seeds  
20g (0.7 oz) flaxseeds  
60g (2 oz) almonds  
20g (0.7 oz) pine nuts  
40ml (1.4 oz) natural honey  
1 egg white  
A pinch of salt

### DIRECTIONS

1. ? Step 1: Preheat and Prepare: Preheat your oven to 325°F (160°C). Line a baking sheet with parchment paper.
2. ? Step 2: Pulse the Base: In a food processor or high-speed blender, pulse the dried apricots and half of the nuts and seeds until they're finely chopped and slightly sticky.
3. ? Step 3: Mix Everything: In a bowl, combine the apricot mixture with the remaining whole nuts and seeds. Add honey, egg white, and a pinch of salt. Mix until everything is coated and sticks together.
4. ? Step 4: Shape the Cookies: Scoop about 1 tablespoon of mixture per cookie and gently press into rounds. Flatten slightly with your fingers or a spoon.
5. Place cookies on the prepared tray, spaced slightly apart.
6. ? Step 5: Bake and Cool: Bake for 12-15 minutes, or until golden and lightly toasted around the edges. Let cool completely on the baking sheet—they'll firm up as they cool.

### SWAPS & NOTES

**Dried Fruit:** Replace apricots with dates, figs, or raisins for different sweetness.

**Nuts:** Use cashews, pecans, or macadamia nuts if you prefer.

**Sweetener:** You can swap honey with maple syrup for a vegan version (use egg white substitute too).

**Extra crunch:** Add cacao nibs, coconut flakes, or a touch of cinnamon for flavor variety.

## TIPS FOR SUCCESS

Chill the mixture for 10 minutes if it's too sticky to shape.

Don't overbake: These cookies don't need to be hard-just lightly golden.

Double batch it: These freeze beautifully and make an excellent meal-prep snack.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/no-flour-no-sugar-cookies-the-clean-energy-snack-i-keep-on-repeat/>