

Chocolate Moisties (S)

Pure yumserness! Moist morsels of cookie crumb, tantalizing every taste bud while also going to bat for your health, rather than destroying it—now that is what we call a TREAT! After trying these you'll never want one of those sugar-laden junky ones again (well, here's hoping). Oh, and SHHHHHH!!!! These are part of our secret line of foods that is "Mum's the word" when it comes to a revolutionary health ingredient. Oh, by the way, we don't just try and hide this special ingredient in these recipes and hope to get away with it. No, it actually contributes to the moist and pleasant texture. It is a recipe helper, not just a health helper. These are even more amazing with the Glosting! (Recipe included below)

Makes: Multiple Servings

INGREDIENTS:

- coconut oil spray
- 1 cup [TH Baking Blend](#)
- 2/3 cup unsweetened cocoa powder
- 1 tsp baking soda
- 1/2 tsp [TH Mineral Salt](#)
- 3/4 cup [TH Gentle Sweet](#)
- 4 doonks [TH Pure Stevia Extract Powder](#)
- 1 cup butter
(melted; can use ghee or coconut oil)
- 2 large eggs (lightly beaten)
- 1 cup frozen okra (1 to 1 ¼ cup of diced, frozen okra)
- 2 tsp [TH Natural Burst Vanilla Extract](#)
- ¾ cup walnuts (optional)
- 1/3 cup 85% dark chocolate (or chopped, stevia-sweetened chocolate; optional)



DIRECTIONS:

1. Preheat the oven to 350°F. Lightly coat a couple of baking sheets with coconut oil spray.
2. Place the Baking Blend, cocoa, baking soda, salt, Gentle Sweet, and stevia in a large mixing bowl and whisk well.
3. Place the melted butter, eggs, okra, and vanilla in a blender and blend on the lowest setting to break up the okra. Switch to the highest setting and blend until

everything is completely broken down and creamified. Add the puree to the mixture in the bowl and stir in the nuts (if using) and chocolate (if using).

4. Drop by rounded teaspoons onto the prepared baking sheets and bake for 15 minutes.
5. Cool the cookies on a rack, then place in the refrigerator to let their perfect moisty morsel texture set properly before you experience their ultimate amazingness. If desired, top with Glosting. (Recipe Below)

Glosting (S)

A “glosting” is a delicious, drippy, messy, lick-your-fingers cross between a glaze and a frosting. If there is no name for things, one must make up fitting names, we think.

INGREDIENTS:

- 2 Tbs butter
- 3 Tbs 1/3 less fat cream cheese
- 2 Tbs unsweetened almond milk (or unsweetened cashew milk)
- ¼ tsp [TH Natural Burst Vanilla Extract](#) (or an extract of your choice)
- 2 Tbs [TH Gentle Sweet](#) (2- 2½ Tbs)



DIRECTIONS:

1. Combine the butter and cream cheese in a small bowl.
2. Whisk until smooth, then add 1 Tbs of almond milk and the extract.
3. Whisk until completely smooth, then add the rest of the milk followed by the Gentle Sweet.
4. Keep whisking until combined properly.
5. Drizzle the glosting all over the treats you are making, allowing some to drop down the sides of your creations.