

# Chocolate Nutty Buddy Grain-Free Hamantaschen

Recipe By Rorie Weisberg



Cooking and Prep:  30  
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Serves:  6

Contains: 

**Preference:** Parve

**Difficulty:** Easy

**Occasion:** Purim

**Diet:** Vegetarian, Pescetarian,  
Gluten Free

Using Rorie's grain-free mix makes these hamantaschen not only gluten-free but grain-free. High in fiber and healthy fats while making it the low glycemic way to bake.

These delicious hamantaschen are refined sugar-free using minimal amounts of honey and Silan: Nature's vitamin-packed sweeteners.

This delicious filling is full of fiber and healthy fats with only a touch of Silan for natural sweetness.

Drizzle with Silan for added sweetness and a beautiful presentation.

Enjoy Purim's traditional favorite with ingredients that love your body back!

Yields 20 hamantaschen

## Ingredients (12)



## Chocolate Nutty Buddy Grain-Free Hamantashen

- 2 cups of Rorie's grain-free mix
- 1/8 teaspoon baking soda
- pinch of salt
- 1 egg
- 1 tablespoon coconut oil, softened
- 1/4 cup Gefen Honey
- 1/2 tablespoon Appellation Hard Apple Cider or other apple cider or orange juice

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## Chocolate Nutty Buddy Filling

- 1/2 cup Gefen Almond Butter
  - 2-3 tablespoons Galilee's Delicacy Silan (or to taste)
  - 1 tablespoon chopped almonds
  - 1 tablespoon coconut flakes
  - 2 tablespoons Gefen Mini Chocolate Chips or cocoa nibs
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## Start Cooking

### Prepare the Hamantashen

1. Whip the egg, oil, and honey together until well combined.
2. Add the grain-free mix, baking soda, and salt. and mix until a firm dough forms.

### Prepare the Filling

1. In a small bowl, mix the almonds butter and silan until smooth.
2. Add the almonds, coconut flakes, and chocolate chips and mix well.

### Form the Hamantashen

1. Take 1/3 of the dough and roll it between two pieces of Gefen Easy Baking Parchment Paper to about 1/4 inch thick. Cut into three and 1/2 inch circles (I use the lid of a shaker bottle). The

smaller the circles the harder to work with.

2. Place a heaping teaspoon of filling onto each circle of dough. Fold all three sides of the circle toward the center and pinch down edges to form a triangle. Repeat with remaining dough.
3. Preheat oven to 325°F. Bake hamantashen on a metal cookie sheet lined with parchment paper or greased with oil for 10-12 minutes. Cool completely before eating or storing.

**Note:**

The hamantashen freeze well and can be defrosted at room temperature.