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Coconut Lemon Cookie Sandwich ♦

The Coconut Lemon Cookie Sandwich is a delightful vegan dessert that combines the tropical flavors of coconut with the tangy zest of lemon. These cookies are soft, chewy, and filled with a creamy coconut filling. They are perfect for any occasion and can be enjoyed by vegans and non-vegans alike.

Recipe Type: Vegan

Prep Time: 20 mins

Cook Time: 15 mins

Total Time: 35 mins

Recipe Yield: 200 grams

Number of Servings: 10

Serving Size: 20 g

Ingredients

250 g	All-Purpose Flour
120 g	Coconut oil
150 g	Coconut Sugar
60 ml	Lemon juice
2 tsp	Lemon Zest

1 tsp	Baking Powder
0.5 tsp	Salt
120 ml	Coconut Milk
100 g	Powdered Sugar

Directions

Step 1

Mixing

In a large mixing bowl, combine the all-purpose flour, coconut sugar, baking powder, and salt.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

Add the coconut oil, lemon juice, and lemon zest to the dry ingredients. Mix until well combined.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

Gradually add the coconut milk to the dough, mixing until a soft dough forms.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Preheating

Preheat the oven to 350°F (175°C).

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Baking

Roll the dough into small balls and flatten them slightly with your hands. Place them on a baking sheet lined with parchment paper.

Prep Time: 5 mins

Cook Time: 12 mins

Step 6

Baking

Bake the cookies in the preheated oven for 12-15 minutes, or until golden brown.

Prep Time: 0 mins

Cook Time: 12 mins

Step 7

Cooling

Remove the cookies from the oven and let them cool completely.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Mixing

In a separate bowl, mix the powdered sugar with a little bit of coconut milk to create a smooth filling.

Prep Time: 5 mins

Cook Time: 0 mins

Step 9

Assembly

Spread a dollop of the filling on the bottom side of one cookie and sandwich it with another cookie.

Prep Time: 0 mins

Cook Time: 0 mins

Step 10

Assembly

Repeat with the remaining cookies.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 180 kcal

Fat: 16 g

Protein: 2 g

Carbohydrates: 23 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	23 g	41.82%	46%
Fibers	1 g	2.63%	4%
Sugars	12 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	7 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	16 g	57.14%	64%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	120 mg	5.22%	5.22%
Calcium	10 mg	1%	1%
Iron	1 mg	12.5%	5.56%
Potassium	70 mg	2.06%	2.69%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Events

Christmas Easter Valentine's Day New Year Back to School Picnic
 Game Day

Cuisines

Italian Chinese Mexican French Japanese

Course

Desserts Breads Snacks

Cultural

Diwali

Christmas

Cost

\$10 to \$20

Demographics

Kids Friendly

Allergy Friendly

Diabetic Friendly

Meal Type

Snack

Supper

Difficulty Level

Medium

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