

Less than 1 hour

Makes 1 large 26cm cookie

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Ingredients:

- Juice (60ml) and grated peel of 2 naartjies
- 1 tub (2L) vanilla ice cream (use non-dairy or frozen yoghurt if you like), slightly defrosted/softened

Skillet cookie:

- 1½ cups (200g) gluten-free flour mix (or regular flour, if you're not gluten intolerant)
- ¾ cup (150g) xylitol or Sweetly sugar substitute
- ½ cup (125ml) bottled apple sauce
- 2 Tbsp (30ml) coconut oil, melted + extra for greasing
- 1 tsp (5ml) vanilla extract or essence
- 1½ slabs (150g) dark chocolate, broken into chunks
- ¼ punnet (100g) Medjool dates, stoned and chopped

Method

1. Preheat oven to 180°C and grease a 26cm cast-iron pan with coconut oil.
2. Add naartjie juice and peel to ice cream. Mix in well and freeze.
3. Combine flour and sugar substitute.
4. Combine apple sauce, coconut oil and vanilla in a separate bowl.
5. Fold wet mixture into dry ingredients and mix well to create a smooth, dough-like batter.
6. Add in chocolate chunks and chopped dates.
7. Spread dough evenly into prepared pan, making sure the base is totally covered.
8. Bake for 15-20 minutes, or until a toothpick inserted comes out clean. Cool for 5 minutes.
9. Serve in the pan with naartjie ice cream on the side.

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