

Easy Cinnamon Squares

This Specific Carbohydrate Diet Recipe is courtesy of Gisele Woodward at woodwardccf.com

Ingredients (main dough):

- 3 cups blanched almond flour
- 1/2 tsp salt (*or just slightly under that amount*)
- 1/4 tsp baking soda
- 1/4 cup safflower oil (*or oil of choice*)
- 2 Tbsp honey
- 2 large eggs

For the filling:

- 1/4 cup honey (*depending on how much sweetness you like*)
- 1/4 cup raisins (*optional*)
- 1 Tbsp ground cinnamon

Directions:

1. Preheat heat the oven to 350 degree.
2. Grease with desire oil a square pan 6×6 or round pan of similar size
3. In a large bowl, combine all ingredients - the almond flour, salt, baking soda, the oil, honey, and eggs.
4. Mix (knead) until a smooth dough is formed (*Electric mixer not needed but can be use in medium to low speed*) Spread 1/2 of the dough into pan and spread evenly
5. Add filling mixture and swirl a bit if desired
6. Spread the remiaing dough on top of filling
7. Bake in a 350-degree oven for 15-20 min. PLEASE NOTE: everyone's oven cooks a bit differently. The dough should be golden with a little browning at the top. The dough should not be glossy or appear wet. Unfortunately, a toothpick might not work and appear wet because of the filling
8. When ready, remove from the oven and let cool for at least 10 min. If you try to move them before then, they might break up
9. When cool cut them like brownies and serve... Enjoy