

SUGAR-FREE SUGAR COOKIES



INGREDIENTS:

- 2 tbsp ghee or coconut oil
- ½ cup granulated sweetener
- ¼ cup confectioner's sugar substitute
- 1 tsp vanilla extract
- ¼ tsp almond extract
- ½ cup pastry (soft wheat) flour
- ½ cup coconut flour
- 1 tsp baking powder
- ½ tsp salt
- 2 - 3 tbsp unsweetened almond milk
- ½ cup egg whites

Topping: 1 - 2 tbsp confectioners sugar substitute

DIRECTIONS:

1. In a large bowl, mix sweeteners, flours, baking powder, and salt.
2. In a separate bowl, whisk together egg whites, almond milk, extracts, and ghee/oil.
3. Pour wet ingredients into dry and mix well.
4. Mold into a dough ball with hands.
5. Wrap in plastic wrap and set in the fridge for 10+ minutes.
6. Preheat the oven to 350°F.
7. Use a rolling pin to roll out the dough. Cut out cookies with cutters and spread them on a baking sheet with parchment paper (or separate into 16 even balls and press them down).
8. Bake for 5 minutes (no longer!).
9. Remove and let cool for 10 minutes.
10. Use a mini strainer to dust the remaining confectioner's sugar (topping) over the cookies!

Enjoy!

Makes 16 Cookies | Serving Size = 1 Cookie
Calories: 48 | Protein: 2 g | Carb: 7 g | Fat: 2 g | Fiber: 2 g