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Gluten and Casein Free Sugar Cookies

Ingredients:

- 8 tbsp Spectrum Shortening (palm oil) butter flavored
- 1 cup sugar
- 1 large egg plus 1 large egg white at room temperature
- 1 teas pure vanilla extract
- 2 cups all purpose GF flour mix
- 1 teas xanthan gum (some GF flour mixes already have the xanthan gum added)
- ½ teas GF baking powder
- ½ teas sea salt

Directions:

1. In a large bowl, blend the shortening, sugar, egg and egg white, and vanilla until well combined. Add the GF flour mix, xanthan gum, baking powder and salt, beating well after each addition. After adding final ingredient, beat the mixture until it becomes thicker and a bit more elastic. Divide the dough into two equal parts, wrap each part in waxed paper and place the dough in the refrigerator to cool at least 1 hour or until firm.
2. Once the dough is properly chilled, preheat the oven to 350°F. Line the baking sheets with parchment paper and set them aside.
3. Take one ball of dough, place it between two pieces of waxed paper, and roll it out until ¼ inch thick. (**Tip:** GF dough is sticker so it needs to be rolled out between two sheets of waxed paper or it will stick to your counter; **do not use a rolling cloth.**) Remove the top layer of waxed paper. Using cookie cutters, cut out desired shapes. Using a spatula place the cut out cookies on the cookie sheets. If the dough becomes too soft, re-wrap it in waxed paper and place the dough in the freezer for a few minutes to firm it up again. Repeat with second ball of dough.
4. Place cookies in preheated oven and bake for 7 - 12 minutes.
5. Allow the cookies to cool on the baking sheets for 5 minutes before transferring them to a wire rack to finish cooling. After cooled they may be decorated using Royal Icing or frosting.

Adapted from: Hunn, Nicole. *Gluten-Free on a Shoestring, 125 Easy Recipes*. DaCapo Press. 2011.