



## HOLIDAY SUGAR COOKIES

**SERVES: 11** (2 cookies each) **Prep Time:** 1 hr. 15 min. **Cooking Time:** 10 min.

**CONTAINER EQUIVALENTS** (per serving): 1 1

**1½ cups**      **gluten-free all-purpose flour**  
                    **(preferably Bob's Red Mill® All-**  
                    **Purpose Baking Flour, red label)**

**1 tsp.**          **cornstarch (preferably GMO-free)**

**¼ tsp.**          **baking powder, gluten-free**

**¼ tsp.**          **sea salt (or Himalayan salt)**

**¼ cup**          **pure maple syrup**

**1**                **large egg**

**¼ cup**          **ghee (organic, grass-fed, if**  
                    **possible), room temperature**

**1 tsp.**          **pure vanilla extract**

**½ tsp.**          **pure butter extract**  
                    **Colored decorating sugar (optional;**  
                    **for garnish)**

### SPECIAL EQUIPMENT:

**Cookie cutters**

**Rolling pin**

**Parchment paper**

- 1.** Whisk together flour, cornstarch, baking powder, and salt in a medium mixing bowl.
- 2.** In a separate medium bowl, whisk together maple syrup, egg, ghee, and extracts.
- 3.** Add dry mixture to wet mixture, mixing to form dough. Knead briefly, then place dough on a large piece of plastic wrap.
- 4.** Form dough into a disc 1-inch thick, cover with another sheet of plastic wrap, and refrigerate 1 hour.
- 5.** Preheat oven to 350° F. Line a baking sheet with parchment paper.
- 6.** Remove dough from refrigerator. Leave dough between the plastic wrap; use a rolling pin to roll out dough until it is ⅛-inch thick.
- 7.** Cut out cookies with a cookie cutter. Gather and re-roll unused dough and cut remaining cookies (repeat as many times as necessary to use all the dough; gluten-free dough doesn't toughen).
- 8.** Place all cookies on prepared baking sheet, leaving a little space between them. Sprinkle each with a pinch of colored sugar (if desired). Bake for 8 to 10 minutes. Cool on baking sheet for 5 minutes. Remove to a wire rack to cool completely.
- 9.** Serve immediately, or store refrigerated in an airtight container for up to 3 days

**NUTRITIONAL INFORMATION** (per serving): **Calories:** 140 **Total Fat:** 5 g **Saturated Fat:** 3 g **Cholesterol:** 31 mg **Sodium:** 25 mg **Carbohydrates:** 21.5 g **Fiber:** 0.5 g **Sugars:** 4.5 g **Protein:** 2 g

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Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.