Pecan Shortbread Cookies

2 sticks butter (1 cup), room temperature

2 teaspoons unsweetened vanilla

1/4 cup honey

3½ cups blanched almond flour

1½ cups toasted pecans, coarsely chopped (toast pecans for 15 minutes at 275° F)

In a medium mixing bowl, beat the butter, vanilla, and honey for 3 minutes. Add the almond flour and continue beating for another minute. Stir in the pecans.

With the dough, form logs $1\frac{1}{2}$ -inches in diameter and wrap them in waxed paper. Freeze for 30 minutes.

Preheat oven to 325° F.

Unwrap and slice the dough into %-inch thick rounds. Arrange rounds about 1 inch apart on an ungreased cookie sheet. Bake until they begin to brown around the edges, about 12-15 minutes. Cool on the cookie sheet for 5 minutes.

Variation: Add ½ cup raisins and ½ cup unsweetened shredded coconut along with the pecans.

Lucy's Specific Carbohydrate Diet™ Cookbook www.lucyskitchenshop.com