

Sharlene's Shortbread Cookies

Notes on February 2023 meeting cookies: I often modify my basic recipe. I use different nuts...best toasted a little - 275F for 15 mins. ...and add hemp or other seeds. I experiment by combining flours... to reduce carbs. and add fiber... this time I combined almond, coconut and lupin flour. I sweetened with a little Allulose but the honey is better. I flavored with lime zest and juice this time but various spices or vanilla or chocolate bits would be good too. I think all butter produces a richer flavor but this time I used 1/2 MCT oil and 1/2 butter.

Proportions for my basic recipe: which works well..

Pecan shortbread cookies:

1 cup butter

1/4 cup honey

2 tsp. Vanilla

Blend in mixer for 3 mins.

3 1/2 cups blanched almond flour + pinch salt.

Add and beat 1 min.

Stir in 1/2 cup toasted (275F 15 mins.) chopped pecans.

Make a log with the dough. 1 1/2 " wide. Wrap and freeze for 30 mins.

Cut log into rounds and arrange on parchment covered cookie sheet.

Bake in 325F oven for 12-15 mins. Cool 5 mins. before removing to rack.

By Sharlene White