

# Cinnamon Pecan Cookies



*Recipe developed by Paige Vondran*

## Directions:

- Preheat oven to 350° F.
- Weigh egg whites in a small bowl, then whisk to a foamy and light consistency.
- In the same bowl, weigh butter (which should be room temperature), mayonnaise and apple sauce; add vanilla extract and liquid Stevia. Stir with a rubber spatula until well mixed.
- In a small food processor, grind pecans to a flour consistency; then stir into butter mixture.
- Add in the soy flour, nutmeg, cinnamon, baking soda and cream of tartar.
- Scoop batter onto ungreased cookie sheet by spoonfuls, 1-2 inches apart, and spread into small rounds.
- Bake for approximately 15 minutes.

## Ingredients

		Exchange
<b>Heavy cream</b>	none	—
<b>Protein</b>	6.8g Bob's Red Mill® soy flour	2.2 (+1.1g fat)
	8.6g egg whites	0.5 (+0.5g fat)
	8.7g dry roasted pecans	1 (-5.5g fat)
<b>Fat</b>	16.1g butter	4 (-3.9g)
	10g mayonnaise	2
<b>Carbohydrate</b>	11.3g unsweetened apple sauce	1.3
<b>Other</b>	Dash nutmeg	—
	¼ tsp ground cinnamon	—
	3 drops liquid Stevia	—
	1/8 tsp vanilla extract	—
	1 pinch baking soda	—
	1 pinch cream of tartar	—

## Variations:

- If your child has a nut allergy, you may substitute soy flour for the pecans. However, be aware that the consistency will change due to less of a fat subtraction. When adjusting the fat, only add or subtract from the butter, not the mayonnaise.

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This recipe is designed to be used by patients who are followed by The Children's Hospital of Philadelphia's Division of Neurology Ketogenic Diet Program.