

## SUGAR COOKIE



*Recipe developed by Chef Paige Vondran*

### DIRECTIONS

- Weigh all of the ingredients using a gram scale.
- Preheat oven to 350° F.
- In a small bowl, mix together the wet ingredients.
- Add in the erythritol.
- Whisk the wet ingredients until they form a smooth batter.
- Add in the almond and coconut flours; then stir using a rubber spatula.
- The mixture should appear to be a wet and sticky dough.
- Cover a baking sheet with parchment paper.
- Scoop the cookie dough with your hands and form a small ball.
- Place on the parchment paper and gently press to make the cookie a ¼ inch thick.
- Cook for 15-20 minutes until the bottom turns brown.
- Serve warm.

	Ingredients	Exchanges
Protein	14.3g Bob's Red Mill® almond flour	3.1 (-3.1g fat)
	3g fresh whole egg	0.2 (-0.2g fat)
	7.5g Philadelphia® cream cheese, brick	0.4 (-2.2g fat)
Fat	10.5g coconut oil	4 (-5.5g)
Carbohydrate	1.8g Bob's Red Mill® coconut flour	1.3
Other	4g erythritol	

### VARIATIONS

- The exchange amount of cream cheese should be no more than double the amount of egg exchanges.
- Erythritol is the sweetener in this recipe. It is not recommended to substitute for liquid saccharin or stevia.
- When adjusting, the gram amount of cream cheese should be half of the gram amount of almond flour.
- When adjusting the coconut oil, it is not recommended to use any more than one exchange greater than the almond flour.

