



## Esther's Sugar Cookies - S

*Who doesn't need a good sugar cookie? I am not one of those people. I love sugar cookies with a passion, and I like mine thinner with crispy edges. This recipe is fantastic, because if you like them like me, roll your cookie dough thinner and bake for less time. For thicker, chewy cookies, roll your dough thicker and bake them longer!*

### Multiple Servings

#### INGREDIENTS:

- 1 cup almond flour
- 1/2 cup + 1 Tbs Baking Blend
- 1/4 cup Xylitol free Gentle Sweet\*
- 1/2 cup softened butter
- 1 1/2 tsp THM vanilla extract
- 1/8 tsp Mineral salt
- 1 egg yolk

#### INSTRUCTIONS:

1. Cream the butter and Gentle Sweet together in a bowl.
2. Add the egg yolk and vanilla and beat until thoroughly combined.
3. Then add the almond flour, Baking Blend, and salt.
4. Mix until combined.
5. Form the dough into a ball and chill for at least an hour.
6. Line a cookie sheet with parchment paper and lightly spray with coconut oil cooking spray.
7. Roll out the dough between two pieces of parchment paper and cut out shapes with cookie cutters.
8. Put cookies on the pan and bake for 12-15 minutes at 350 degrees or until lightly golden on the sides.
9. Remove from heat and do not touch until fully cooled.
10. Decorate with frosting of choice and sugar-free sprinkles!

#### NOTE:

\*Xylitol retains moisture, so for even softer cookies, add regular Gentle Sweet instead of Xylitol-Free Gentle Sweet.

This and other delicious THM recipes can be found at [www.TrimHealthyMembership.com](http://www.TrimHealthyMembership.com)