

CLASSIC CUT-OUT COOKIES

- 1 cup almond flour
- 1 cup protein isolate (soy, whey or wheat)
- 1 cup low-carb vanilla flavored protein powder
- 1/2 tsp. baking soda
- 3/4 tsp. baking powder (1/2 tsp. @ altitude)
- 1/8 tsp. salt
- 1/2 cup softened butter
- 1 cup palm oil (or coconut oil or additional butter)
- 1 cup granular Splenda™ (or 2 Tb. Fiberfit)
- 2 large eggs
- 1/3 cup sugar-free maple syrup
- 1 tsp. vanilla extract



Combine first 6 ingredients and set aside.

Cream butter, palm oil, and Splenda.

Beat in eggs, syrup, and vanilla.

Fold in reserved dry ingredients.

Wrap tightly and chill at least one hour.

Roll out thinly, cut into shapes, and bake at 375 F until lightly golden on edges.

For an easier version, just drop by spoonfuls and then smash flat with the underside of a drinking glass.

Baking time can vary greatly depending on size of cookies and thickness of dough, so watch closely and adjust as needed.

Makes 48 - per cookie: 103 cal, 9 g fat (3 g sat), 3 g carb, 4 g protein