

Dr. Pagdin's Christmas Ginger Spice Cookies

Prep time: 10 Minutes

Cook time: 17 minutes

Makes: 12

Ingredients

1 ¼ cup almond flour

¼ cup butter

4 tablespoons monk fruit sweetener

2 tablespoons water

¼ teaspoon ground allspice

1 teaspoon ground ginger

¼ teaspoon ground cloves

½ teaspoon ground cinnamon

¼ teaspoon salt

Directions

Cream the butter and monk fruit sweetener together until smooth.

Slowly add the almond flour, spices, salt and water, mixing until well combined.

Roll the dough into a ball and refrigerate for an hour.

Preheat oven to 325 F. Line a baking sheet with parchment paper.

Roll the dough out to about 1/3 inch thick. Cut with a cookie cutter and place on baking sheet.

Bake for 8 minutes or until golden brown

Important: Turn the oven off and leave cookies in the oven for an additional 15 minutes to crisp up.

Allow cookies to cool completely on a wire rack and serve.

Calories per serving: 105

Total fat: 9g

Total carbohydrates: 3g

Fiber: 1g, Net carbs: 2g

Protein: 3g

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