



making food naturally

Sugar cookies

Ingredients

385g/13oz **Pure** GF blended flour *

2 ¼ tsp **Pure** Xanthan gum *

1 ½ tsp **Pure** GF baking powder*

¼ tsp salt

175g/6oz lard (at room temperature)

225g/8oz granulated sugar

2 eggs

1 tsp vanilla

200g/7oz fruit

1 egg

250ml/ ½ pint milk

* Denotes item available from Innovative Solutions on prescription

Preparation method

1. Preheat oven to 190°C/375°F/ gas 5
2. In a small bowl combine flour, Xanthan, baking powder and salt. Mix well and set aside.
3. In a large bowl, cream together lard, sugar, eggs and vanilla, medium speed, until light and creamy.
4. Gradually add the dry ingredients on a low speed until well blended.
5. Roll out the dough on a lightly GF floured surface to a thickness of 1/8". Cut the cookies into desired shapes using biscuit cutters then place on an ungreased baking sheet.
6. Bake until edges are slightly brown (5-8 minutes depending on size of cookie)
7. Cool on a wire rack, and store in an airtight container.



10-15 minutes

Preparation time

5-8 minutes

Cooking time

Makes 30-40 cookies

By:Innovative

These cookies are great for children and can be decorated with icing and sweets just for fun or for special occasions.

Notes