

GLUTEN FREE SUGAR COOKIES



ELEMENTARY EA, MEAGAN BASSETT, SHARES A FAVOURITE HOLIDAY RECIPE FROM HER FAMILY TO YOURS.



Ingredients

1 cup sugar
½ butter, softened
1 large egg
1 tablespoon water
1 ½ teaspoons vanilla
¼ teaspoon salt
¼ teaspoon ground cinnamon (optional, but I think it tastes best)
½ teaspoon xanthan gum (omit if your all-purpose gluten free flour has it)
2 cups gluten free all purpose flour, plus more for rolling/dusting (my favourite to use is Kinnikinnick gluten free all purpose flour - it has worked the best for me)

Directions

1. In a large bowl, cream the sugar and butter at medium speed.
2. Add the egg, water, vanilla, salt, and cinnamon (if using). Blend until mixed well.
3. Add xanthan gum (if using) and flour. Mix at a low speed, in small amounts, until well combined.
4. Cover and refrigerate for at least 1 hour.
5. Preheat oven to 350F. Line a baking sheet with parchment and set aside.

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6. Roll out the dough onto a lightly floured surface, about ¼ inch thick for crispier cookies, and a little bit thicker for softer cookies. If the dough still sticks, roll between two sheets of parchment.
7. Cut out the dough with cookie cutters, and place on the baking sheet. Make sure the cookies are not touching.
8. Re-form and roll out the scrap dough, then continue cutting more cookies.
9. Bake for 10 to 12 minutes. Remove from the oven, and let the cookies, cool for 5 minutes before transferring them to a wire rack. Cool completely before decorating.
10. Store in an airtight container for up to 5 days, or even longer in the freezer.

Raw dough freezes well.



Other ways to make cookies:

- Before chilling, split into two equal parts. Add green food colouring and mint extract to one half, leave the second part plain. Roll each out flat between two pieces of parchment. Lay on top of each other, roll into log, wrap in plastic wrap and chill for an hour. Cut into rounds and bake as directed above.

To make gingerbread cookies (or a house if you have the cut outs!), add:

- 1 tbsp ground ginger
- ½ tsp ground cloves
- 1 tsp pure vanilla extract
- ⅓ cup fancy molasses
- ¼ cup brown sugar

Roll out the same way you roll out the sugar cookies and bake at the same temp and time as the sugar cookies.

Enjoy!