



“Buttery” Spritz Cookies

MAKES 120 1½-INCH COOKIES

Spritz cookies set the standard for traditional holiday cookies. Delicious and versatile, they can be made in practically any shape and hue, decorated with a rainbow of colored sugar, drizzled with chocolate sprinkles – you name it. Store cookies in a tightly sealed container, separating layers with parchment or waxed paper. They freeze well.

- 1½ cups dairy-free, soy-free vegetable shortening
- 1 cup sugar
- 1 teaspoon double-acting baking powder
- 1 egg (or 1½ teaspoons egg replacer mixed with 4 tablespoons rice milk)
- 1 teaspoon vanilla extract
- 3½ cups gluten-free cookie flour mix (see sidebar)

- ¾ teaspoon xanthan gum
- ¼ teaspoon salt
- Decorative sugars, optional

1. Preheat oven to 375 degrees.
2. Beat shortening and sugar in an electric mixer set on medium for about 30 seconds. Add baking powder and mix until combined. Beat in egg (or egg replacer and rice milk) and vanilla extract until combined.
3. In a separate bowl, combine gluten-free flour mix, xanthan gum and salt.
4. Add the flour mixture to the shortening mixture, beating on low speed until combined.
5. Pack the dough into a cookie press. Place the face of the press firmly down on an ungreased cookie sheet and press out cookie, a single press for each cookie. Space cookies about 1 inch apart. Decorate with colored sugar, sprinkles, etc.
6. Bake for 8 minutes on center rack in preheated oven until cookie edges are firm but not brown. Cool cookies on the cookie sheet for a couple minutes before transferring to a wire rack.

TIP The key to perfect Spritz cookies is mastering a cookie press. Try the Wilton Comfort Grip Cookie Press, www.wilton.com.

Each cookie contains:

34 calories, 1g total fat, 0.5 saturated fat, 0g trans fat, 2mg cholesterol, 6g carbohydrate, 23mg sodium, 0g fiber, 0g protein



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Gluten-Free Cookie Flour Mix

MAKES 6 CUPS

- 4 cups superfine brown rice flour
- 1½ cups potato starch (not potato flour)
- ¾ cup tapioca flour/starch

Combine all ingredients. Store in the refrigerator until ready to use.