



carbohydrate, 52mg sodium, 1g fiber, 1g protein

### Mexican Wedding Cookies

MAKES 40 2-INCH COOKIES

A delicate favorite of the holiday season, these little gems are normally made with walnuts, pistachios, pecans or almonds. This nut-free version, made with sunflower seeds, is equally delicious.

- ½ cup confectioner's sugar
- 1 cup dairy-free, soy-free vegetable shortening
- 2 teaspoons vanilla extract
- 2 cups gluten-free cookie flour mix (page 34)
- ½ teaspoon xanthan gum
- ¼ teaspoon salt
- 1 cup finely chopped roasted sunflower seeds
- Confectioner's sugar, for rolling

- 1.** In a large bowl, combine ½ cup sugar, shortening and vanilla extract. Blend well.
- 2.** In a separate bowl, combine flour mix, xanthan gum and salt.
- 3.** Stir flour mixture and sunflower seeds into sugar mixture, mixing with hands until dough holds together.

Cover the bowl and chill about 1 hour.

- 4.** Preheat oven to 325 degrees. Line 2 cookie sheets with parchment paper.
- 5.** Remove the dough from refrigerator. Flour your hands and shape dough into 1-inch balls. Place balls 1 inch apart on cookie sheets.
- 6.** Bake cookies on center rack in preheated oven for about 20 minutes until set but not brown.
- 7.** Spread additional sugar evenly over the surface of a large plate. Reserve.
- 8.** Cool cookies for 10 minutes on sheets. Gently remove with a thin spatula and roll them in confectioner's sugar. Cool completely and re-roll in confectioner's sugar, adding additional sugar as needed.

#### Each cookie contains:

96 calories, 6g total fat, 2g saturated fat, 0g trans fat, 0mg cholesterol, 10g carbohydrate, 63mg sodium, 0g fiber, 1g protein

**TIP** To roast sunflower seeds, heat raw seeds in a heavy frying pan over medium-high heat. Cook, stirring constantly, until seeds are golden. Remove from heat and let cool before chopping seeds.

**TIP** If cookies aren't eaten within a day, arrange them in single layers between parchment paper in an airtight container and store in the freezer. Enjoy them at room temperature. **LW**

so good

### 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.

