



Blissful Maple Cream Sandwich Cookies



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



5 min.

SERVINGS



15

CALORIES



31 kcal

DESSERT

Ingredients

- ☐ 1 boxes lucy's maple bliss cookies gluten-free
- ☐ 0.5 cup powdered sugar sifted
- ☐ 1 pinch salt generous
- ☐ 2 tablespoons non-hydrogenated shortening (I use Spectrum Palm Shortening - Original or Butter Flavor)
- ☐ 0.1 teaspoon vanilla extract

Equipment

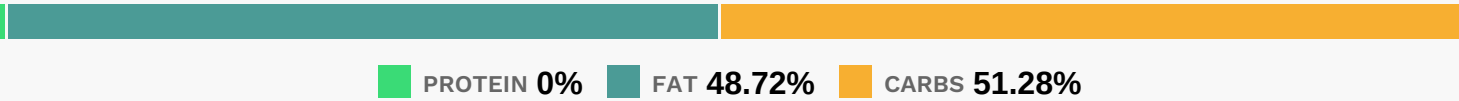
- ☐ bowl

whisk

Directions

In a small bowl, whisk together the shortening, maple syrup, salt, and vanilla, until smooth.Slowly whisk in the powdered sugar, until smooth – it should be quite thick.If desired, whisk in a little non-dairy milk alternative (I use 1/2 teaspoon) to get the right consistency.Frost one cookie, then top with a second if making sandwich cookies, or simply frost all of the cookies and dig in!

Nutrition Facts



Properties

Glycemic Index:2.43, Glycemic Load:0.02, Inflammation Score:0, Nutrition Score:0.086956521820115%

Nutrients (% of daily need)

Calories: 30.92kcal (1.55%), Fat: 1.71g (2.63%), Saturated Fat: 0.43g (2.67%), Carbohydrates: 4.04g (1.35%), Net Carbohydrates: 4.04g (1.47%), Sugar: 3.96g (4.4%), Cholesterol: 0mg (0%), Sodium: 2.74mg (0.12%), Alcohol: 0.01g (100%), Alcohol %: 0.25% (100%), Protein: 0g (0%)