



Little Almond and Einkorn Cookies

 Vegetarian

READY IN



24 min.

SERVINGS



24

CALORIES



112 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons almond extract (I buy this kind)
- ☐ 1 cup blanched almond flour (available here)
- ☐ 0.5 cup butter room temperature
- ☐ 0.8 cup unrefined cane sugar whole (I buy this kind)
- ☐ 1 eggs beaten
- ☐ 1.3 cup high-extraction einkorn flour (see sources)
- ☐ 0.5 teaspoon unrefined sea salt
- ☐ 2 teaspoons vanilla extract (I buy this kind)

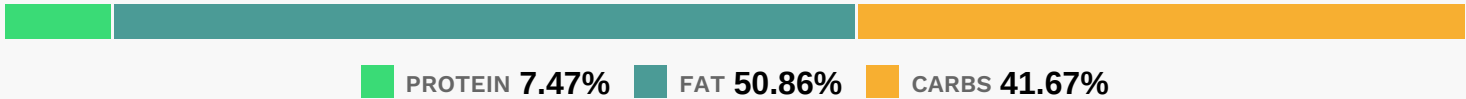
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ spatula

Directions

- ☐ Heat the oven to 350 F.Dump the einkorn flour and the almond flour into a medium mixing bowl, and stir in the salt until the almond flour and salt are evenly distributed into the einkorn flour.Spoon the butter and sugar into a mixing bowl, and beat them together until the butter lightens in color and becomes billowy. Beat in the egg, vanilla and almond extracts.Working about 1/2 cup at a time, spoon the mixed flours into the mixing bowl, beat them into the sweetened eggs and butter until they're fully incorporated. Working one at a time, spoon about 2 tablespoons of the cookie dough into your hands, roll it into a ball and set it on a parchment-lined baking sheet. Arrange the cookies about 2 inches apart to allow them to spread. Press them down with the tines of a fork, and bake them 12 to 14 minutes, or until the tops are barely touched with gold.
- ☐ Remove them from the baking sheet with a metal spatula, and transfer them to a wire rack to cool. While they're still hot, sprinkle them with powdered sugar, if you like, and continue working in batches like this until you've exhausted all the dough. Store them at room temperature in an airtight container where they'll keep about 1 week.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:4.36, Inflammation Score:-1, Nutrition Score:0.59304347593823%

Nutrients (% of daily need)

Calories: 111.8kcal (5.59%), Fat: 6.34g (9.75%), Saturated Fat: 2.65g (16.57%), Carbohydrates: 11.69g (3.9%), Net Carbohydrates: 10.99g (4%), Sugar: 6.49g (7.22%), Cholesterol: 16.99mg (5.66%), Sodium: 81.58mg (3.55%), Alcohol: 0.23g (100%), Alcohol %: 1.19% (100%), Protein: 2.09g (4.19%), Fiber: 0.7g (2.81%), Vitamin A: 128.08IU

(2.56%), Iron: 0.29mg (1.6%), Calcium: 12.13mg (1.21%)