

Cane-Sugar-Free Apple Spice Cookies

These yummy cookies will remind you of apple pie, but without all the sugar. The use of agave syrup and stevia keep the glycemic index low, but still provide a sweet flavor – perfect for when you want to satisfy a craving for something sweet! Leave out the pecans for a tree nut allergy. These cookies take about 50 minutes to prepare and bake. Makes 18 large cookies.

Ingredients:

2¼ c. gluten free flour (292 g)
1 t. baking powder (5 g)
½ t. baking soda (2.5 g)
2 t. cinnamon (6 g)
½ t. nutmeg (1.5 g)
½ t. table salt (3 g)
½ c. raw whole pecans (optional; 60 g)
1 c. shortening (144 g)
½ c. agave syrup (163 g)
30 drops alcohol-free liquid stevia
1 t. vanilla extract (5 ml)
1 large egg or equivalent of egg substitute
1 c. unsweetened applesauce (250 g)



Directions:

Step 1. In a large mixing bowl, mix together the gluten free flour, baking powder, baking soda, cinnamon, nutmeg, and salt.

Step 2. Roughly chop the pecans (optional).

Step 3. Place the shortening in a microwave-safe bowl. Microwave for **1 minute**; stir to completely melt.

Step 4. Add the agave syrup, stevia, and vanilla extract to the melted shortening; mix with a rubber spatula.

Step 5. Add the shortening mixture, egg or egg substitute, and applesauce to the dry ingredients; stir well with a rubber spatula to make a soft, thick dough.

Step 6. Add the chopped pecans to the dough; mix well to combine. Let the dough rest at room temperature for **10 minutes**. As the dough rests, **pre-heat the oven to 350° F/177° C**, and line two cookie sheets with parchment paper.

Step 7. Use a large cookie scooper to scoop out 2 Tablespoons of dough; level the dough in the scoop with a knife or on the side of the mixing bowl. Release the dough from the scooper onto a cookie sheet. Repeat for the remaining dough, spacing the cookies about 2 inches (5 cm) apart on the cookie sheets.

Step 8. Using your fingertips, flatten the cookies to about ½-inch (1 cm) thick (note: the dough is sticky, so use a small piece of parchment paper to keep it from sticking to your fingers).

Step 9. Bake the cookies for about **16 to 17 minutes**, until they are firm to the touch. Remove the cookie sheets from the oven and transfer the cookies to a cooling rack with a metal spatula. Cool to room temperature. Enjoy!