

# Egg-Free Cookies

**Gluten-Free, Egg-Free, Dairy-Free, Grain-Free, Nut-Free**

Food sensitivities and allergies are so prevalent right now, and we see more and more products on the shelves of the stores with a label stating that this brand of cookie or cupcake is free of all 8 allergens. So what are we eating when we buy treats like that? A lot of different substitutes to which one has not developed sensitivity yet.

I am trying to find ways to make more nutritious treats for our family. This is one of the recipes that came out good after several tries. Treats should not be harming our bodies!



## Ingredients

- $\frac{1}{2}$  cup Ghee, butter, or shortening
- $\frac{1}{4}$  cup Maple Syrup
- $\frac{1}{4}$  cup Coconut Sugar or Maple Sugar
- 1- $\frac{1}{2}$  teaspoons Vanilla
- $\frac{3}{4}$  cup Cassava flour
- 1 tablespoon Grass-Fed Gelatin
- $\frac{1}{2}$  teaspoon Baking Soda
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  cup Chocolate Chips (omit if you are adhering to the Autoimmune Paleo Diet)



## Instructions

1. Preheat the oven to 350 degrees Fahrenheit.

2. In a mixing bowl, whisk together flour, gelatin, baking soda & salt, and set aside.
3. In a separate bowl, mix maple syrup, sugar of choice, and vanilla together and let sit for a minute or two to dissolve and hydrate.
4. Add Ghee (or butter or shortening) to the bowl with maple syrup, sugar, and vanilla and mix well.
5. Add the flour mixture all at once to the wet ingredients and stir until dough forms. Fold in chocolate chips.
6. Form cookies by using a heaping tablespoon or cookie scoop for consistent sizing. Roll into a ball and then flatten a bit on your cookie sheet.
7. If using Palm shortening or room temperature butter or ghee – the cookies will not spread easily, so you can manually flatten them to desired dimensions before baking. If using melted butter or ghee, refrigerate the dough for a few minutes till it sets up.
8. Bake for 10 to 15 minutes on the baking sheet lined with the parchment paper. Cool before serving.