

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Gluten-Free Maple Pecan Shortbread

Yield: 32 cookies

1 cup pecans
8 ounces butter at room temperature
½ cup maple syrup, Grade B, at room temperature
2 teaspoons vanilla extract
Large pinch salt
2 cups brown rice flour

Toast the pecans in a preheated 350 degree oven for 5 minutes. When the nuts cool, finely chop them in a food processor.

Use either a food processor or electric mixer to cream together the butter, maple syrup and vanilla until light and fluffy. Add the salt, brown rice flour and finely chopped and toasted pecans.

Mix just until the dough comes together. Cover the dough and refrigerate it for 10 minutes to make it easier to handle.

Preheat the oven to 350 degrees.

Use a 2-tablespoon cookie scoop to form balls of dough. Place them about an inch apart on parchment paper or [silpat](#)-lined rimmed cookie sheets. Flatten the cookies to 1/3-inch thick.

Bake them on insulated or double-panned cookie sheets until lightly browned around the edges, approximately 20 minutes, turning the pan 180 degrees after 13 minutes. Let the cookies cool before removing them from the pan.

For Cut-Out Shortbread Cookies: Prepare the dough the same as above, however refrigerate the dough for a couple of hours before quickly rolling it out on a lightly floured surface ¼ to 1/3-inch thick. You can also roll a bit of organic sugar on the top of the dough for a bit of sparkle to the cookies.

Note: Because of the amount of butter this dough rapidly becomes quite soft. Work very quickly in a cool kitchen and be sure to dip your cookie cutters in flour each time before cutting the dough. These cookies may bake more quickly. Check them after 15 minutes so that delicate edges (such as with these stars) do not get over-browned.

Variations: know that you can substitute other full flavored nuts for the pecans, such as lightly toasted walnuts. If you use almonds, you might want to include a teaspoon of almond extract and reduce the vanilla to 1 teaspoon.