

Sugar Cookie Wedges



Plan Z Phase: This is a Z3 (ZReboot) recipe.

Servings: Makes approximately 16 wedges

Ingredients:

For the Sugar Cookie Wedges

- 3 cups SUPER FINE GROUND almond flour (Bob's Red Mill is easy to find in most grocery stores)
- 1 cup of carbalose (low carb flour)
- $\frac{1}{4}$ cup gluten-free oat flour (I used Bob's Red Mill. You can find this in most grocery stores)
- 1 tsp baking powder
- $\frac{1}{2}$ teaspoon salt
- 12 tablespoons butter, softened
- 1 cup granulated erythritol, like ZSweet
- 2 large eggs
- 2 tsp vanilla extract (use REAL vanilla, not artificial)

For the Frosting

- 6 tablespoons butter, softened
- 1 cup powdered erythritol

- 3 to 5 tablespoons heavy cream
- 1 tsp REAL vanilla extract
- food coloring and sprinkles, etc optional

Instructions:

For the Sugar Cookie Wedges

Preheat oven to 325 degrees. Line the bottom of a 9-inch springform pan with parchment paper. (Just lock the sheet in and cut the excess away.)

In a medium bowl, whisk together almond flour, carbalose, oat flour, baking powder and salt. In a large bowl, beat butter and erythritol until creamy. Beat in the eggs and vanilla extract, and then beat in almond flour mixture until dough comes together. (If you're like me, your mixer will clog up trying to do this but just UNPLUG your mixer and use your finger to loosen the dough and finish up using a wooden spoon).

Press dough firmly into prepared pan and smooth top with a flat-bottomed glass. Bake 30 minutes, until just golden brown around the edges and slightly more firm to the touch. Remove and let cool in pan.

For the Icing

Beat together butter and powdered erythritol.

Add cream, one tablespoon at a time, until desired consistency is achieved (I used three tablespoons). Stir in vanilla and optional food coloring.

Spread or pipe onto the large cookie. Then cut into wedges when you serve. One nice thing about this is you can set out the big cookie and a knife. People can then cut off a fresh slice so it will be nice and moist. You can give them an example of a 1"

wedge cut so they see they don't need a big piece. At a dinner party you can cut the wedges in the kitchen and put them on little dessert plates and serve. You'd be surprised how many people comment on how GREAT it is to be given a small dessert instead of the traditional, large one.

Enjoy!

Cheers,