

Bite-size Almond Flour Sugar Cookies w/Lemon Frosting and Pecans

adapted from feastingonfruit.com

Ingredients:

- 1 1/4 c. blanched almond flour
- 2 T. maple syrup
- 2 T. unsweetened applesauce
- 1/2 t. vanilla flavoring
- 1/4 t. salt
- 1/4 t. almond flavoring
- Zest of one small lemon

Directions

1. Mix all ingredients in small bowl.
2. Make small balls and place on parchment-lined tray.
3. Flatten slightly with moistened hands.
4. Bake at 325° for 12-14 minutes.

Notes:

To make **Lemon Frosting**, mix 1/4 c. powdered sugar with 1 t. fresh lemon juice. Spoon on top of warm cookies and top with chopped pecans.

Variations:

- Roll small balls in organic cane sugar, flatten and bake as usual.
- Dip in melted carob chips after cookies are baked, top with pecans.

A typical sugar cookie bought at the store with frosting and sprinkles has 190 calories, 7 grams fat and 22 grams sugar. Try this recipe for a healthier alternative!