

another
FREEBIE from **TrulyLowCarb.com**



Because everyone could use a little **TLC**

Sample Recipe from **Cooking TLC, Vol. II**

CLASSIC CUTOUT COOKIES



- 1 cup almond flour
 - 1 cup protein isolate (soy, whey or wheat)
 - 1 cup LC vanilla flavored protein powder
 - 1/2 tsp. baking soda
 - 3/4 tsp. baking powder (1/2 tsp. @ altitude)
 - 1/8 tsp. salt
- 1/2 cup softened butter
 - 1 cup palm oil (or coconut oil or additional butter)
 - 1 cup granular Splenda™
 - 2 large eggs
 - 1/3 cup maltitol syrup (a maltitol or sobitol based SF maple syrup works well too, and is easiest to find)
 - 1 tsp. vanilla extract

Combine first 6 ingredients and set aside.

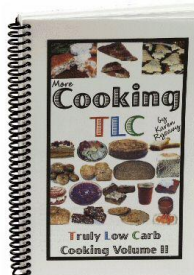
Cream butter, palm oil, and Splenda.

Beat in eggs and syrups, then fold in reserved dry ingredients.

Wrap tightly and chill at least one hour.

Roll out thinly, cut into shapes, and bake at 375 F until lightly golden on edges (times can vary greatly depending on size of cookies and thickness of dough).

Makes 48 - per cookie: 103 cal, 9 g fat (3 g sat), 3 g carb, 4 g protein



If you like this recipe, you'll love the cookbooks!

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