

Almond Flour Vanilla Butter Cookies

Makes 18 servings | A diabetic-friendly recipe

Ingredients:

- 1/2 cup butter, room temperature
- 1/2 cup sugar substitute (granulated)
- 1 large egg
- 1 teaspoon vanilla extract
- 2 cups almond flour
- 1/4 teaspoon salt



Directions

1. Preheat oven to 350°F. Line a baking sheet with parchment paper.
2. In a bowl, mix butter and sugar substitute until smooth.
3. Beat in egg and vanilla.
4. Stir in almond flour and salt until a soft dough forms.
5. Roll dough into small balls and place on baking sheet. Gently flatten.
6. Bake 10–12 minutes, until lightly golden. Cool before serving.

Cooking Tidbit

Almond flour is naturally gluten-free, making these cookies a good choice for people with gluten sensitivities or those looking to reduce wheat in their diet, while still enjoying a soft and flavorful treat.