

Butter Gem Sandwich Wafers

Total carb count est per cookie sandwich is 8 grams.



Ingredients for wafer

166 gms carbs for the wafer.

Makes about 50-60 wafers depending on size of cookie cutter used.

1/2 cup unsalted butter at room temperature (or ghee)

1/4 cup coconut sugar

1 1/2 cups of gluten free flour

2 tablespoons of coconut milk (may not use all of it)

Cream Filling 75 gm carbs for filling

4 tablespoons unsalted butter at room temperature (or ghee)

1 teaspoon vanilla extract

3/4 cup powdered sugar (make your own)

Mix well with hand mixer and set aside. Do not put cream filling in the refrigerator.

How to make powdered sugar

1 cup of coconut sugar and 2 teaspoons of arrow root powder put in a blender. Blend until it is powder like. Let sit in blender until it settles.

Preparing the wafer rounds.

Preheat oven 350 degrees, line a cookie sheet with parchment paper.

Mix the butter and sugar in a large bowl. Beat together until smooth and creamy. Add flour a little at a time until well mixed. Add a little bit of the coconut milk until the mix holds together without cracking. Should be a pie crust consistency.

Take small portions of the dough, roll into a ball and place on parchment paper. Have gluten free flour nearby as the rolling pin will need it.

Roll out dough on parchment paper, the dough should not be much thicker than a nickel. Cut out wafer rounds using a cookie cutter. About 1/2 dollars coin size cookie cutter

Place wafer rounds on lined cookie sheet and back for 15 minutes or until wafers are brown.

Gently place cooked wafers on a cooling rack. Let cool completely. They are brittle

Once cooled pick up one wafer gently turn it over and add cream filling to the bottom of one cookie wafer place another wafer on top of the cream filling. Making a sandwich. Repeat until all wafers are used.

Refrigerate any uneaten Butter Gem Sandwich Wafers.