

Italian Pignoli Cookies

Ingredients (makes 25 lg cookies) total carbs = 318g of carbs 1 cookie = 13g of carbs (make them smaller for less carb count.)

These cookies do taste different than store bought.

No preservatives or additives, no GMO and using coconut sugar vs white cane sugar.

- 1-1/4 cups (12 ounces) almond paste (make your own see recipe below)
- 1/2 cup coconut sugar
- 4 large egg whites, divided
- 1 cup confectioners' Sugar (make your own see recipe below)
- 1-1/2 cups pine nuts



Directions

1. In a small bowl, beat almond paste and sugar until crumbly. Beat in 2 egg whites. Gradually add confectioners' sugar; mix well.
2. Whisk remaining egg whites in a shallow bowl. Place pine nuts in another shallow bowl. Shape dough into 1-in. balls. Roll in egg whites and coat with pine nuts. Place 2 in. apart on parchment paper-lined baking sheets. Flatten slightly.
3. Bake at 325° for 15-18 minutes or until lightly browned. Cool for 1 minute before removing from pans to wire racks. Store in an airtight container.

Homemade Almond Paste

Ingredients

- 1-1/2 cups blanched almonds
- 1-1/2 cups confectioners' sugar (make your own see recipe)
- 1 egg white
- 1-1/2 teaspoons almond extract
- 1/4 teaspoon salt

Directions

1. Place almonds in a food processor; cover and process until smooth. Add the confectioners' sugar, egg white, extract and salt; cover and process until smooth.
2. Divide almond paste into 1/2-cup portions; place in airtight containers. Refrigerate for up to 1 month or freeze for up to 3 months.

Homemade Powdered Sugar

Ingredients

- 1 cup of coconut sugar
- 1 tablespoon arrow root powder

Directions

1. Add sugar and arrow root powder to a high-powered blender or food processor.
2. Blend until the sugar resembles a powder.

Please note that these cookies will be darker than what is pictured. Coconut sugar is darker than white refined sugar.

Nutrition Facts

1 cookie: 112 calories, 6g fat (1g saturated fat), 0 cholesterol, 7mg sodium, 13g carbohydrate (11g sugars, 1g fiber), 3g protein.