

SPROUTED FLOUR CHRISTMAS COOKIES

Ingredients

- Sprouted flour (3 cups, plus extra for rolling out dough)
- Baking powder, aluminum-free ($\frac{3}{4}$ teaspoon)
- Sea salt ($\frac{1}{4}$ teaspoon)
- Butter, unsalted and grass-fed
- coconut oil, expeller-pressed and softened (1 cup)
- Organic cane sugar, coconut sugar or sucanat (1 cup)
- Egg, organic, pastured (1) — Note: You may need to add an extra egg if the dough does not hold together
- Milk, raw, whole, from grass-fed cows, or coconut milk, full-fat (1 TBS)

Equipment

Electric stand mixer or hand mixer

Cookie sheets

Silpat baking mats (to protect from aluminum baking sheets)

Directions

1. Sift the sprouted flour: pass through a fine sieve, then discard the bran. You want 3 cups total of sifted flour (3 cups after you've sifted). Sift a little extra for rolling out the dough and set aside.
2. Add the baking powder and sea salt. Set aside.
3. In a large bowl, beat together butter and sugar with an electric stand mixer or hand blender.
4. In a separate bowl, beat the egg.
5. Add the beaten egg and the milk to the bowl with the butter and sugar. Set mixer on low speed, gradually add flour, and beat until mixture pulls away from the side of the bowl. If your dough is too crumbly and does not hold together, you may need to add an extra egg.
6. Divide the dough in half and wrap both halves in plastic or wax paper.
7. Refrigerate for at least 30 minutes.
8. Preheat oven to 375 degrees F.
9. Sprinkle the counter with sprouted flour.
10. Remove half of the dough from refrigerator.
11. Sprinkle rolling pin with sprouted flour, and roll out dough to $\frac{1}{4}$ -inch thick.
12. Cut into desired shapes.
13. Pace at least 1-inch apart on greased (buttered) baking sheet. You can also use a baking sheet lined with parchment paper or a silicone baking mat.
14. Bake for 7 to 9 minutes or until cookies begin to brown around the edges.
15. Let cool for a few minutes on baking sheet, then transfer with a spatula to a wire rack.
16. Sprinkle a little sugar on top, or decorate with homemade frosting.
17. Store in airtight container.

REAL BUTTERCREAM FROSTING

Ingredients

- Organic cane sugar, coconut sugar, or sucanat (3 cups)
- Butter, from grass-fed cows (1 cup)
- Vanilla extract, organic or homemade vanilla extract (1 tsp)
- Cream, from grass-fed cows (add until you get the consistency you want)

Equipment

Stand mixer or handheld electric mixer

Directions

1. Put the sugar in the blender. Blend until it is the consistency of powdered sugar. Be sure it's very well mixed to a fine powder — otherwise, you'll have grainy frosting.
2. With a handheld mixer or stand mixer, mix together powdered sugar and butter. Mix on low speed until well blended and then increase speed to medium and beat for another 3 minutes.
3. Add vanilla and cream by the tablespoon. Continue to beat on medium speed until you get the consistency you want.
4. Use a butter knife or pastry piping bag to decorate cakes or cookies.