

GSDeeelicious!

Glycogen Storage Disease Friendly Recipes



Yummy Cookies

Recipe makes: 24 cookies

Prep time: 10 minutes

Cooking time: 5–8 minutes

Nutrition info per serving	1 cookie
Calories	105
Carbohydrate	14 g
Protein	2 g
Fat	4 g
Total Sugars	1.7 g

The University of Minnesota Nutrition Data System for Research (NDSR) Program (2016) was used for the nutrition analysis.

Yummy Cookies

Ingredients:

- ½ cup (113.5 g) salted butter
- 2 large eggs (100 g), at room temperature
- 1 ½ tsp (6.5 g) vanilla extract
- 2 cups (48 g) erythritol or other artificial sweetener for baking that is equivalent in sweetness to 2 cups sugar
- ½ tsp (2.3 g) baking soda
- ½ tsp (1.5 g) cream of tartar
- 3 cups (375 g) enriched flour
- Spray oil (for greasing)

Directions:

1. Preheat oven to 375°F.
2. In a microwave safe medium-sized bowl, melt butter in the microwave.
3. Beat eggs in the bowl with the melted butter; add vanilla. Set aside.
4. In a separate large bowl, combine all of the dry ingredients.
5. Make a crater in the center of the dry ingredients and pour in the butter-egg mixture. Combine the ingredients using an electric mixer on medium speed until a dough forms.
6. Separate dough into 24 balls, and flatten onto a greased cookie sheet.
7. Bake in preheated oven until golden brown, approximately 5–8 minutes.
8. Cool on a cooling rack.

Chef's tip:

Add lemon rind or a teaspoon of ground ginger or cinnamon to the dry ingredients for a hint of different flavor.



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Always consult your healthcare professional before making any changes to your diet. This recipe was designed for individuals who have hepatic Glycogen Storage Diseases (GSD) types 0, I, III, VI and IX. Recipe and mixing suggestions have been tested using the ingredients mentioned, however other similar products may be used. Please discuss the suitability of these substitutions with your healthcare professional.

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