

# Lemon Almond Shortbread Cookies



## Ingredients

- 6 tbsp. butter
- 2 cups almond flour
- 1/3 cup granulated sweetener  
(Splenda, Ideal, Swerve, etc.)
- 1 tsp freshly grated lemon zest

## Directions

1. Preheat oven to 350 degrees (F).
2. Melt the butter in a bowl.
3. Add the almond flour, sweetener, and lemon zest, stirring until fully combined.
4. Form dough into a cylinder and wrap tightly with plastic wrap to compress. The dough should be crumbly.
5. Chill in freezer for 30 minutes or until it firms, or in the refrigerator for 2 hours.
6. With a sharp knife, slice into 1/2 inch thick cookies. The dough should be cold enough so it holds its shape before baking.
7. Bake on a greased or parchment lined cookie sheet for 15 minutes, or until firm and golden brown.
8. Allow to cool before removing.

## Nutritional Information

Calories .....	55
Total Fat.....	6g
Saturated Fat .....	3g
Cholesterol .....	7mg
Total Carbohydrate....	1g
Dietary Fiber .....	0.5g
Sugar .....	0g
Protein .....	1g
Sodium .....	4mg
Potassium .....	906mg
Serving Size .....	1 cookie

Adjusted from: <https://www.ibreatheimhungry.com>