

Almost No Cholesterol Oooh la la cookies

Basic dough

Ingredients:

14 oz coconut oil
1 egg + 1 egg yolk
1 ¼ C Sugar
4 - 4 ¾ C Flour
1 t vanilla

FOR LEMON ROSEMARY COOKIES:

After creaming butter,
Add:
1 T fresh lemon zest
1-2 T finely minced
rosemary

FOR ORANGE LAVENDER COOKIES:

After creaming butter,
Add:
1 t orange oil
1-2 T fresh lavender
buds

Procedure:

1. Cream together coconut oil and sugar. When the sugar is incorporated into the coconut oil, add in the eggs and vanilla.
2. Add flavorings.
3. With the mixer on LOW speed, add flour, 1 cup at a time until it's all incorporated into the dough.
4. When you turn out the dough, if you see stuff left in the bottom of the bowl, knead it into the dough. Divide the dough in half. This makes it easier to work with. If you want to make cut out cookies, form the dough into two disks. Roll the dough in ¼ inch thickness and cut out the cookies

If you want to make round cookies, form each half into a log, wrap in parchment and plastic and refrigerate about least one hour before slicing ¼ inch thick disks. When you bake these, you may have to bake them a bit longer, because the dough goes into the oven a bit cooler than the rolled out dough.

5. Bake at 400-425 degrees for 12-17 minutes (varies by oven). Cookies should be slightly golden at the edge, and definitely on the bottom.

NOTE:

Coconut oil is fairly solid until it gets to around 75-80 degrees, then it starts to turn to liquid. It will also start to turn to liquid after it gets worked a bit, so work quickly with it. Virgin coconut oil will add a mild sweetness or coconut flavor to the cookie. I happen to like it. If you don't, then don't use the virgin coconut oil.