

Troch's Gluten-Free Maple Seed Shortbread

Preheat oven to 300°F

2 cup mixed flours *
 $\frac{3}{4}$ cup melted butter
 $\frac{1}{4}$ cup safflower oil
1 cup mixed seeds (sesame, flax, sunflower)
 $\frac{1}{2}$ cup maple syrup (#4 dark is best)

Mix flours together

Add butter and oil to flour and mix to a fine texture

Add the seeds and then the maple syrup to moisten

Mixture will seem oily - don't worry

Roll spoonfuls of the dough between your hands to form into cookies

Place on an unoiled baking sheet

Bake for 20 minutes

- Because I cook in a gluten free kitchen, I use a mixture of brown and white rice flour, amaranth flour, buckwheat flour and flaxseed meal, etc. These cookies can be made with a mixture of any whole wheat flours, etc.

Derived from Salt Spring Island Cooking