



GLUTEN INTOLERANCE GROUP
of East Central Wisconsin

GLUTEN-FREE NEWSLETTER

http://bit.ly/GIGECW_Newsletters

Educate / Motivate / Advocate

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Meetings

When: Third Saturday of Jan, Mar., May, July, Sept., Nov.

9:30 am to 11:30 am

Where: Ripon Public Library in the Sliver Creek Room

Alan Klapperich,
Branch Manager

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www.facebook.com/GIGofECW

This is a publication of GIG of ECW, and we are a local branch of the Gluten Intolerance Group of North America. The opinions expressed here represent that of our Branch and may not reflect the opinions of our national organization.

I'm going to start out with a couple of well deserved shout-outs. First, my wife Peggy. Without her love and support, I could not devote the amount of time and energy it requires to write newsletters and maintain this group. THANK YOU!



Also, a special thanks to my spiritual leader and fellow GIG of ECW member, Pastor Kimberly Stowell of St. [Stephen's Lutheran Church - Rogersville](#) [home of the completely gluten-free communion].

The idea for the Gluten-Free Gratitude article was inspired by one of her recent sermons. Inspired? OK, I out-right stole it. As I was stressing about the looming deadline and lack of content, I had an AH HA moment. Thank you PK for planting the seed

Truth be told, I've been struggling to create content for this newsletter. After eight years of writing them, I'm having trouble finding fresh topics to cover.

In light of my recent struggles, and the impending close of yet another year, and this the final newsletter for 2016 - it seems like a perfect point to take a break. I will be cutting back the number of issues - at least for 2017. If any member has an interest in writing content for future newsletters, please let me know.

Peace and blessings,

Alan Klapperich - Branch Manager

Gratitude Library

How Gratitude Can Help You Through Hard Times

By Robert Emmons, PH.D.

"It's easy to feel grateful when life is good, says Robert Emmons. But when disaster strikes, gratitude is worth the effort."

A decade's worth of research on gratitude has shown me that when life is going well, gratitude allows us to celebrate and magnify the goodness.

But what about when life goes badly? In the midst of the economic maelstrom that has gripped our country, I have often been asked if people can—or even should—feel grateful under such dire circumstances."

Read More: <http://bit.ly/2feicp2>

Why is Gratitude Good?

By Robert Emmons, PH.D.

"We've studied more than one thousand people, from ages eight to 80, and found that people who practice gratitude consistently report a host of benefits: stronger immune systems, less bothered by aches & pains, lower blood pressure, higher level of positive emotions, more optimism & happiness, more compassionate, more forgiving, less lonely & isolated."

Read More: <http://bit.ly/2eT5IFl>

Gluten-Free Gratitude Cont.

GRATITUDE

Robert Emmons, PhD, is the one of the world's leading scientific experts on gratitude. He is a professor of psychology at University of California, Davis and director of Emmons Lab, where they focus on the science of gratitude and its effects on health and wellbeing.

What is gratitude?

Dr. Emmons defines gratitude as:

"A felt sense of wonder, thankfulness, and appreciation for life."

He maintains that gratitude consists of two key components: affirmation of goodness, and knowing where it comes from.

He [writes](#):

"First, it's an affirmation of goodness. We affirm that there are good things in the world, gifts and benefits we've received. This doesn't mean that life is perfect; it doesn't ignore complaints, burdens, and hassles. But when we look at life as a whole, gratitude encourages us to identify some amount of goodness in our life."

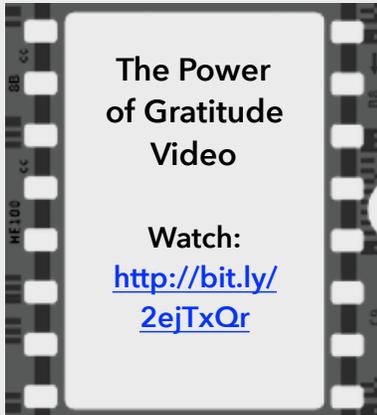
The second part of gratitude is figuring out where that goodness comes from. We recognize the sources of this goodness as being outside of ourselves. It didn't stem from anything we necessarily did ourselves in which we might take pride. We can appreciate positive traits in ourselves, but I think true gratitude involves a humble dependence on others: We acknowledge that other people—or even higher powers, if you're of a spiritual mindset—gave us many gifts, big and small, to help us achieve the goodness in our lives."



Sure, it's easy to celebrate and amplify the goodness when life is going well. However, when things go sideways, the goodness gets buried beneath all the "stuff" that is being dropped on us. One could argue that an "attitude of gratitude" is essential and most

Gratitude Library

A series of videos from Robert Emmons PH.D.



Gluten-Free Gratitude Cont.

beneficial during times of crisis.

At first glance, the gluten-free lifestyle means giving up a lot of things. However, as we start picking up the pieces of our life and clearing away the debris, we discover that goodness is still there. It has not abandoned us, it is merely manifesting itself in different ways - ways that we're not used to seeing - it's in disguise.

Gratitude allows us to shift our focus from what has been taken away, and look toward what we still have and what we are receiving in return.

TIP: It helps to view what we are receiving as gifts. This helps protect us from taking them for granted.



Let's explore a few of these gluten-free gifts. Probably the most obvious and precious gift is the opportunity to improve our health. The gift of love from someone who cares for us when we don't feel well. The gift of compassion from our best friend or loved one who is learning right along side us - cheering us on - being our [gluten-free champion](#). The gift of kindness from a stranger in the gluten-

free aisle at the grocery store as they help us avoid a nuclear meltdown because we don't know which product to get. The gift of friendship as we meet others in the gluten-free community; we realize we are not isolated, nor alone. The gift of comfort when we find a product that is labeled and certified gluten-free. These examples simply scratch the surface.

For over a decade, Dr. Emmons and his associates have scientifically documented the [social, physical, and psychological benefits of gratitude](#).

- Gratitude [increases happiness](#).

Importance of Face-To-Face Support Groups

According to a Columbia University study published in 2015, celiac patients reported better quality of life when they participated in face-to-face support groups compared to online support groups.

Also, longer duration of face-to-face support generated a greater quality of life.

Humans require direct, face-to-face interaction with one another in order to be happy and healthy.

Online groups can be a great source of support, however, it's not without drawbacks or limitations.

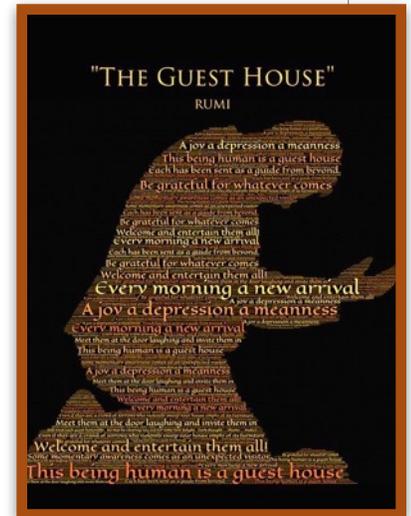
It's hard to replace friendly smiles, nodding head(s) of agreement, the sympathetic touch of a hand, or a spirit lifting hug.

Source:

<http://bit.ly/23gBFDX>

Gluten-Free Gratitude Cont.

- Gratitude reduces anxiety and depression.
- Gratitude blocks negative emotions.
- Gratitude improves health: strengthens immune system, reduces blood pressure, lessens symptoms of illness, decreases awareness of aches and pains.
- Gratitude [improves sleep](#). Better sleep is important factor in improving overall health.
- Gratitude [promotes forgiveness](#).
- Gratitude fosters a [“pay it forward”](#) attitude.
- Gratitude [strengthens relationships](#).



Gratitude sounds great, but how can we best harvest these transformative powers?

Cultivating an attitude of gratitude takes a bit of work and practice. At first you may feel uncomfortable or awkward doing it. You may be wobbly and unsteady, just like taking your first steps or your first attempt at riding a bike. You might even find it emotionally painful - you know - kind of like those muscles you didn't know you had until after raking the lawn. Like any skill or activity, the more we do it, the better we get. It's best to start slow and work your way up.

Dr. Emmons suggests these [exercises to get started](#). *Please be sure to click the links for a more detailed description of these exercises and the reasons why they work:*

- **Count your Blessings:** Regularly make mental notes of your blessings - no need to write them down. Do it first thing in the morning or before going to sleep. Ask yourself, "What am I grateful for today?"

- **Three Good Things:** For a minimum of one week, write down

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Gluten-Free Gratitude Cont.

three things that went well each day. Small or large events - it doesn't matter. A tangible, written paper trail is important. In detail, explain why things went well. Capture how you felt at the time and how you felt when remembering the event. Share your thoughts about what caused the event. If you happen to focus negative feelings - shift focus toward the good events and those positive feelings.

•**Gratitude Letter:** Write a letter to someone who did something for which you are grateful but you've not fully shared your gratitude. It's best if this person is still alive - someone you can meet face-to-face. When you meet, read them the letter. Take note of their reaction as well as your reaction. Together, discuss your feelings about the letter.

•**Savoring Walk:** For a minimum of one week, go for a 20 minute walk. Take a different route each day. During this time, notice as many positive things as you can - sights, sounds, smells, and touches. As you notice something, pause a moment and understand why it's pleasurable to you.

•**Keep a Gratitude Journal:** This is similar to Three Good Things above, but more in depth. Evidence shows journaling one to three times per week elevates happiness better than daily writing. For a minimum of two weeks - at least once a week for 15 minutes, describe up to five things for which you feel grateful.

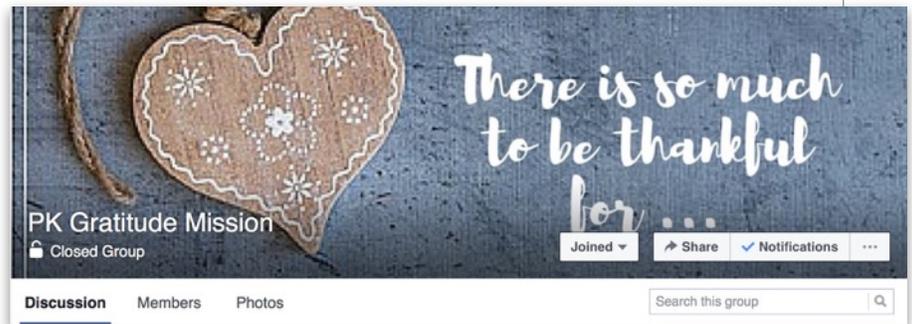
Some people find they do better when surrounded by others - like having a workout partner(s). Participating with another person or a group people inspires and motivates them to continue.

We know the power behind the act of expressing our own gratitude - participating with a group of people expressing their gratitude has to multiply that power - right?



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Gluten-Free Gratitude Cont.



If you are on Facebook and interested in participating in such a group, I invite you to check out [PK Gratitude Mission](#). This is a closed group, created by Pastor Kimberly Stowell. Only members of the group can participate and see the posts to the group, so you'll need to request to join or be invited.

When asked about the purpose of the group, Pastor Kimberly says: *"The Gratitude Mission is about helping and up-lifting others."*

If groups frighten you, fear not. Currently this group is small; consisting of less than 80 people. Everyone is kind, courteous, and respectful. I am a member, however, I don't participate as much as I should. I do find witnessing other people's gratitude is moving and inspirational.

Life is not always easy or convenient - gluten-free or not. Whether the obstacles in our life are speed bumps or mountain ranges - we keep moving forward.



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Navigating the Holidays

by Alan Klapperich



This article appeared in our November 2014 newsletter. I felt it was time to share it again for new members.

For many, the holiday season is filled with smiles, laughter and lots of merriment. However, for those with dietary restrictions, it can be the complete opposite – fear, dread and lots of worry.

The risk of getting sick every at every meal is a huge source of stress and concern. Now let's pile on the stress of family dynamics. We've got the fixings for an epic family battle royal. [“Let's get ready to rumble!”](#)

“My family puts the FUN in dysfunction”

I'm sure many can relate to the quote above. If you feel your family is the poster child for dysfunction, do not worry. All families are dysfunctional, it's simply a matter of degree.

Since the dawn of time, our existence has revolved around the acquisition and sharing of food. We have evolved and times have changed, but the primal need to gather and share food with members of our clan still remains. Holiday celebrations are a perfect example of that.

If we dig deep inside and look beyond the medical necessity of

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Navigating the Holidays Cont.

our food requests, we will find an emotional component. Our requests are an extension of ourselves. When our family and friends fail to acknowledge our food requests, we feel it as exclusion and rejection of us as a person. Maybe it is, maybe it isn't. Sometimes it's hard to tell what is inside the hearts and minds of our loved ones. I suspect the reasons are many and varied. Perhaps it's fear? Maybe they are afraid to try because they don't want to make us sick? Maybe we've yelled at them one too many times about food selection or preparation? What can we do? We have to talk to them.

Opening up a line of communication is so important when it comes to resolution. Having a calm, heartfelt conversation about our health concerns and what it takes for us to be healthy and happy is the best chance we have at getting them to understand. It is up to us to kindly and respectfully educate them on how to do things correctly, no one else will do it.

I invite you to read this informative article on Confrontations vs Conversations from PsychCentral: <http://bit.ly/1GQw2q1> It offers some great insights...

- Confrontations are usually fueled by anger.
- Conversations are fueled by curiosity.
- Confrontations have an aura of a judicial proceeding.
- Conversations frame a problem as something to be solved.
- Confrontations have an element of moral superiority.
- Conversations happen between equals.
- Confrontations shield the confronter from any responsibility.
- Conversations say “we’re in this together.”

For us today, gluten-free comes as easy as breathing, but it wasn't always that way. We were frustrated and confused, it's reasonable to expect they will feel the same way. However, their behavior may appear to us as stubborn, unyielding, or uncaring.

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Navigating the Holidays Cont.

Remember, listening is a critical component of communication.

More tips on dealing with lack of support from family members can be found here:

http://bit.ly/GIGECW_LackofSupport

Despite our best efforts, we may have to accept the fact that some people just won't get it. This does not mean we can give up, however! Let's face it, we're up against years, decades, or in some cases centuries of traditions. The very definition of tradition allows it to brazenly flip Change, the bird.

Trə-'di-shən: a way of thinking, behaving, or doing something that has been used by the people in a particular group, family, society, etc., for a long time.

"What?! No stuffing inside the turkey? Great-Great Grandma Brunhilde would turn over in her grave if we didn't use her recipe!"

Changing family traditions is downright heresy. Remember, to your family, gluten-free will be the new kid on the block. Situations like this call for the utmost patience. It may take some time for this concept to percolate through their brains and become a newly added family tradition. Don't panic, stay calm, and keep the lines of communication open. Keep up your educational efforts even if its only small tidbits here and there. Sometimes it's best not to flood them with information – ever try to drink from a fire hose?

I wish I had one simple answer that would solve every gluten-free holiday and family situation, but I don't. If I did, my name would be Dr. Phil and I'd have a TV show.

Bottom line – if you can not resolve any of the food issues, try to put that aside and focus on the people that love and care about you – that is what really matters.

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Navigating the Holidays Cont.

Here are some tips that might get you through the holiday season.

- If you are new to the gluten-free lifestyle, your head is probably spinning. For more information, please see GIG of ECW's Gluten-Free Diet Boot Camp: http://bit.ly/GIGECW_GFBootCamp
- Plain turkey often times is gluten-free. Read the labels to verify. Several brands will now say "Gluten-Free" or "No Gluten". Make sure it has not been pre-seasoned or marinated; seasonings and marinades may contain gluten. Some turkeys will have a gravy packet. Verify the GF status of the gravy before using. Better yet, ditch the gravy packet and make your own...you'll be glad you did!
- Like turkey, most hams are GF [read the label], however if it has a glaze, it must be checked.
- A list of some gluten-free turkey and ham options: http://bit.ly/GIGECW_Turkeys
- If the turkey has been stuffed with gluten stuffing, do not eat the turkey, it's been contaminated.
- Stuffing [gluten-free or not gluten-free] made inside the turkey is a food safety concern. If you cook the turkey long enough to properly cook the stuffing [to a temperature of 165], the turkey is dry and over done. If you cook the turkey until it's done, the stuffing may not have reached the food safe temperature of 165. Either way, they are not good eats. Make the turkey and stuffing separately.
- Cooking bags are commonly used to help keep meats moist. However, the instructions state a tablespoon of flour should be added to the bag and shaken. The flour prevents the bag from exploding. Ask your host about this ahead of time. FYI - cornstarch or gluten-free flour will work too. [I never knew about exploding bags, we always use a bag and never put flour in it.]

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Navigating the Holidays Cont.

- Mashed potatoes, a GF piece of cake, right? Not so fast, some recipes call for a bit of flour [oh the humanity!]. Scalloped Potatoes is another dish that more than likely has wheat flour. FYI, some potato salad recipes also call for flour. If you don't know how the host prepares their potatoes, it's best to ask.
- Mainstream "cream of" soups are not gluten-free and of course the dishes made with them, [think Green Bean Casserole].
- GF alternatives from Pacific Natural Foods - Cream of Chicken: <http://bit.ly/ixlcraE> Cream of Mushroom: <http://bit.ly/itpZLxc>
- Progresso offers their Cream of Mushroom soup, but it's not quite as condensed as actual condensed soup, but with some slight recipe modifications it can be used.
- Cornbreads or corn muffins often times have a mixture of cornmeal and wheat flour. There several mixes that are available. Krusteaz brand has a pretty good cornbread mix that's available in mainstream grocery stores. <http://bit.ly/IpAUT9P>
- Veggie & fruit trays are always popular. Be sure to survey the neighboring foods and assess cross contamination risks.
- Stay away from the butter dish. It's a crumb magnet!
- Be wary of communal chip or veggie dips. They might not be GF and they could be contaminated due non-GF snacks.
- BYOF (Bring your own food). Bringing a dish to pass ensures you'll have something you know is safe. We may feel a bit guilty about asking others to go out of their way to accommodate our requests. Good news! We have the ability be part of the solution instead of the problem. Politely ask the host what you can bring. Ask them to allow you to help. Let them know you want to ease their

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Navigating the Holidays Cont.

work load and worry-factor - not add to it - when it comes to making something safe for you. It helps to know what's on the menu so your dish will fit in with the others. Tip: Make sure you bring plenty for yourself and others.

- Open a line of communication early. It's a delicate topic, but you have to discuss GF food selection and cross contamination concerns with the host if they are not familiar with preparing gluten free dishes. Because they are not immersed in the gluten-free lifestyle, they'll need your help to educate and guide them. The education process is not a "once and done" event, it occurs over time. This is not on their radar 24x7x365, so they will need gentle reminders. Sometimes it's hard for people to grasp, so please be patient if they don't get it right away.
 - Here are some helpful education resources:
 - Educating family & friends about gluten-free:
 - http://bit.ly/GIGECW_GF_Education
 - Guide to Gluten Cross Contamination:
 - http://bit.ly/GIGECW_GlutenContamination
- Enlist the help of an ambassador. Sometimes it's easier to have another person to be an advocate for you. Ask a brother-in-law, sister-in-law, aunt, uncle, or cousin that you trust to help the host find gluten-free options for you. The more family members you have on your team the easier it will be.
- Make sure the hosts know that you appreciate their efforts to include you in holiday celebration.
- Eat [at least something] before you leave home, it takes the edge off of your hunger.
- If you like to cook, host the celebration yourself. This gives you ultimate control. If the guests ask to bring

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Navigating the Holidays Cont.

something, request things that are naturally gluten-free. Veggie tray, fresh fruit tray, an undressed salad, a bottle of wine or other beverages (not beer unless it's GF), vanilla ice cream (suggest a good brand). Don't be afraid to suggest non-food items: festive napkins, folding chairs, family favorite tableware, etc.

- If guests do bring gluten items, have a designated area for GF and non-GF dishes.

If you want to share this article with someone, please use this link: http://bit.ly/GIGECW_Navigate_Holidays

Inspiration for this article courtesy of:

Quick Guide to Holiday Family Dining
Celebrate Gluten-Free Newsletter Fall 2014
Gluten Intolerance Group of North America

<http://bit.ly/GIGofNA-Membership>

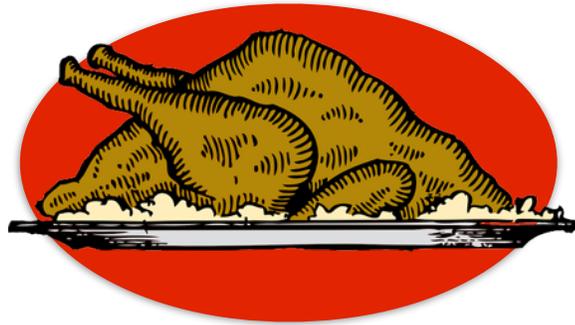
25 Tips for handling a GF holiday
Gluten-Free Living - December 2014

<http://www.glutenfreeliving.com/>



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Gluten-Free Turkey List 2016



http://bit.ly/GIGECW_Turkeys

Food Allergen Advisory Statements aka “May Contain” Updated

“May Contain”, “Processed in the same facility as”, or “Processed on the same equipment as” are known as Food Allergen Advisory statements. They are voluntary and are not regulated, unlike the required “Contains” statement for food allergen ingredients. According to the FDA, companies may use advisory statements as long as they are “truthful and not misleading”.



I have updated our May Contain article to include an important study from Tricia Thompson, Trisha B. Lyons, and Amy Jones.

Findings of their study:

“Allergen advisory statements for wheat on products not labeled gluten-free but appearing to be free of gluten-containing ingredients were NOT a useful predictor of gluten content.”

Updated Article: <http://bit.ly/GIGECW-MayContain>



ALT Brew Taproom

1808 Wright Street,
Madison WI 53704
(608)-352-3373

brewmaster@altbrew.com
<http://www.altbrew.com>

Tuesday - Friday 3 pm - 9 pm
Saturday 1 pm - 9 pm



ALT Brew Taproom

Several weeks ago, a [Gluten-Free Living article](#) about a Madison-based gluten-free craft beer brewer appeared in my Facebook feed.

After a bit more investigation, I found they have taproom. It was perfect timing because we were heading to the Dane County Farmer's Market with a few friends that day.

We stopped in and had a flight of four beers and one guest pear cider, and a tour of their brewing operation. They also have a [small menu of gluten-free food](#).

To learn more about Trevor & Maureen Easton and their gluten-free beer, check out the [video found on their webpage](#).

If you like gluten-free beer, I highly recommend stopping in for a pint (or two). I spoke to Trevor during our second visit, he'd love to give our group a tour. Who's up for a road trip?

ALT Brew competed in the 2016 Great American Beer Festival located in Denver. Their Copperhead Copper Ale brought home a silver medal.

"Alt Brew began making gluten-free beers in 2013, and Copperhead is now one of three of this east-side brewery's standard offerings, along with a handful of specialty and seasonal releases. Gluten-free beers are steadily growing in popularity as consumers look for ways to reduce gluten in their diets. Easton started his brewing out of necessity because Maureen suffers from celiac disease, and she was looking for a way not to give up beer."

See more at: <http://istbmus.com/food-drink/beer/copperhead-copper-ale-from-alt-brew/#stbash.cBHNat@x.dpuf>





GLUTEN-FREE RECIPE

Ingredients

- 1 1/2 cups shredded mozzarella cheese
- 1 1/4 cups GF almond flour (Honeyville) or ground almonds
- 1/4 cup GF garbanzo bean (chickpea) flour (Bob's Red Mill GF) or GF coconut flour
- 1/4 cup GF ground golden fax seeds (Bob's Red Mill GF)
- 1 teaspoon granulated onion powder (Penzey's)
- 1/2 teaspoon granulated garlic powder (Penzey's)
- 1/2 teaspoon salt
- 1/4 Pizza Seasoning (Penzey's) - optional
- 2 eggs
- 1/4 cup extra virgin olive oil
- 1/2 cup of water

This recipe makes one 14" (if not bigger) crust when pressed to 3/8" thick.

Consider making two crusts instead of one depending on your pan size and desired crust thickness.

When using any flours - grain, nut, seeds, etc - make sure it's labeled gluten-free. Gluten contamination of these products are very likely if they're not produced in a dedicated facility.

Pizza Crust

Original recipe by [Wheat Belly - Dr. William Davis](#)

If you are making this recipe for a gluten-free guest, please read our [Guide to Gluten Cross Contamination](#):

http://bit.ly/GIGECW_GlutenContamination

After trying this recipe only once - it has become a favorite. Warning: this pizza is very filling. You'll want to eat more, but you'll be too full.

Directions:

Preheat oven to 350F.

In a food process or chopper, chop cheese into smaller rice sized pieces.

Place all ingredients into large bowl and mix thoroughly. Stand mixer works great.

Place parchment paper on large (16") pizza pan or cookie sheet.

Scoop dough on parchment paper and roughly shape into a circle. Use spatula or oiled hands to do this.

Cover dough with parchment paper. You can use a rolling pin, or another large flat pan (pizza pan works perfectly) to roll or press dough out flat. Depending on your tastes - aim for 1/4" or 3/8" thick. This recipe makes at least one 14" crust when pressed to 3/8" thick. TIP: If you have a smaller pan, place only half the dough if you want a thinner crust (less than 3/8" thick).

Carefully peel off parchment paper and adjust shape or edge with oiled hands.

Bake for 20 minutes or more. Crust will start to brown. The cheese chunks will turn a golden brown.

Remove from oven and apply desired toppings.

Return to oven for another 15 minutes or until topping cheese is melted.





GLUTEN-FREE RECIPE

Ingredients

1/2 cup butter, ghee, or palm shortening, softened
 1/4 cup softened coconut oil
 3/4 cup sugar*
 2 eggs
 2 teaspoons vanilla
 1/4 teaspoon almond extract (Penzey's)
 1/2 teaspoon baking soda (Arm & Hammer)
 1/2 teaspoon fine salt
 2 1/4 cups blanched almond flour (Honeyville) (scoop and slightly pack it down when you measure it)
 1/2 cup coconut flour (Bob's Red Mill GF)

When using any flours - grain, nut, seeds, etc - make sure it's labeled gluten-free. Gluten contamination of these products are very likely if they're not produced in a dedicated facility.

The Best Almond Flour Sugar Cookies

Original recipe by [Erin of MeaningfulEats.com](http://ErinofMeaningfulEats.com)

If you are making this recipe for a gluten-free guest, please read our Guide to Gluten Cross Contamination:

http://bit.ly/GIGECW_GlutenContamination

We have tried a number of sugar cookie/cut out cookie recipes over the years. So far, this is the best one we have found. It's our gluten-free holiday cookie go-to recipe. Refer to the [original recipe](#) for hints and tips for making these.

Directions:

Cream together the butter, coconut oil, and brown sugar in mixer bowl. Add the eggs, vanilla, and almond extract - mix well.

Combine baking soda, salt, almond & coconut flour in separate bowl - mix well. With mixer on low, slowly add flour mixture to wet ingredients 1 cup at a time. Beat well after each addition.

Place dough on plastic wrap and form into disk. Wrap dough and refrigerate for 30 min to overnight. Overnight is best.

Preheat oven to 350F. Line two cookie sheets with parchment paper

Sprinkle coconut flour on clean flat surface. Roll out dough until it's 1/4" thick. It helps to roll it out between two pieces of parchment paper. If not, coat rolling pin with coconut flour.

Cut cookies with your favorite cutters. Work quickly so the dough stays cold. Use spatula to transfer cookies to baking sheet.

Gather the scraps. Ball, roll, and repeat. If dough gets too warm, refrigerate it again.

Bake for 13-15 minutes - until lightly golden. Baking these longer than typical sugar cookies. This allows the outside to get a little crispy, but the inside will be soft. Cool on baking sheet for 2 minutes before transferring to cooling rack.