

Maple Walnut Sandies

1/2 cup unsalted butter, at room temperature
4 tbsp. Splenda®
1 tsp. pure maple extract
1 tsp. pure vanilla extract
1 1/3 cups ground almonds
2 tbsp. oat flour
2 tbsp. Any Whey unflavored protein supplement
1 tsp. baking powder
1/4 tsp. salt
1/3 cup finely chopped walnuts

Preheat oven to 300°F. Cream butter until smooth. Beat in sweeteners and extracts. Whisk ground almonds, oat flour, whey protein, baking powder, salt and walnuts together until evenly combined. Stir into the butter mixture until blended. Drop by level tablespoons on a parchment lined cookie sheet, two inches apart. With oiled finger tips, flatten the cookies out to 1/4-inch thickness. Bake for 12–15 minutes until golden brown. Transfer to a rack to cool. Store refrigerated and tightly covered between layers of waxed paper. Makes 16 cookies.

Nutrition information per cookie: 132 calories, 4 gram protein, 13 grams fat, 3 grams carbohydrate, 36 mg sodium.