

## Basic GF CF Cookie Recipe (Gluten-Free, Soy-Free)

This recipe is from "Grayson's Way - Family-Style Cooking for Dietary Limitations" a new cookbook, written by Jerri Mead and Ruthie Ilnicki, designed to assist families in transitioning to Gluten-Free, Casein-Free & No Refined Sugar eating. Author Jerri Mead has Celiac-Sprue disease and has a young child with Autism. Her family has been on this diet for over 7 years and she knows first-hand how difficult it can be to thrive on these restrictions in today's society. For that reason, Ms. Mead attended culinary classes at night, after spending her days leading her busy legal practice, in order to understand the science of cooking...

Basic Cookie Recipe  
Yield: 1 dozen  
350 degree oven.  
1 egg  
1 cup granulated maple sugar  
1 cup nut butter of choice  
Roll into walnut-sized balls.  
Place staggered on sheet pan.  
Bake until done.