



Gluten Free Sesame/Anise Cookies

By Sue Baldassano

These are lovely, not overly sweet cookies that make a wonderful, quick breakfast. Store-bought gluten free flour may be substituted for the mix below.

Yields 10 – 12 cookies

Prep Time: 15 minutes

Cook Time: 18-20 minutes

Storage: Store covered at room temperature for up to 1 week. Freeze up to 1 month.

Type of Dish: Dessert

Ingredients

- 6 tablespoons sesame seeds, divided
- 1/2 teaspoon anise seeds
- 10 tablespoons gluten-free flour mix (below)
- 1/4 cup maple or other natural brown sugar
- 1/4 teaspoon baking powder
- 1 egg white
- 2 tablespoons extra virgin olive oil
- 1/4 teaspoon vanilla extract
- pinch of salt



Photo: Lori Eanes Photography

Instructions

Preheat the oven to 350-degrees. Line 2 baking sheets with parchment paper. Whisk 2 tablespoons of the sesame seeds, the anise seeds, flour mix, sugar and baking powder in a medium bowl. Reserve the remaining 4 tablespoons of sesame seeds on a small plate and set aside.

Whisk together the egg white, oil, vanilla and salt in a separate bowl.

Pour the wet mixture into the dry and stir together until the dry ingredients are moistened. The dough should be moist but not too sticky. If it appears too sticky, place the dough in the refrigerator for 5 to 10 minutes until it is firm enough to handle.

To form cookies: use a tablespoon to scoop the dough. Roll each piece into a log shape, about 1 1/2-inch long and 3/4 inch wide. Roll logs on the reserved sesame seeds.

Lay the cookies on the prepared sheet and bake until golden and slightly firm to the touch, about 15-20 minutes. Cool and serve.

Tips

This gluten-free flour mix yields 1 cup.

6 tablespoons almond meal

2 tablespoons brown rice flour

1 tablespoon garbanzo flour

1 tablespoon tapioca flour

1 tablespoon arrowroot flour

1 tablespoon potato starch flour