

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

OATMEAL SHORTBREAD

Ingredients:

- 1C grass fed butter
- ½ C coconut palm sugar
- 1 tsp vanilla
- 1 C gluten free flour
- ½ tsp baking soda
- 1C gluten free oats

Directions:

- Cream butter and brown sugar.
- Add in other ingredients.
- Roll into logs, wrap in wax paper and chill in refrigerator.
- Unwrap and slice into ¼ inch slices.
- Bake 10-12 minutes at 350 degrees.