

A Healthy Baker's Dozen

by the Doctor's Dietitian

Gluten-free cookies



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with JEFFREY M. BATCHELOR

A Healthy Baker's Dozen

by the Doctor's Dietitian

gluten-free
low sugar cookies
with real ingredients

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Dedicated to *all those* with a Sweet
Tooth *who also want* Sweet Health

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Susan B. Dopart, MS, RD, CDE

introduction

Last year, after realizing that the No. 1 hit on my website (susandopart.com) was healthy cookies, I wanted to help both my patients and those scouring the Internet to find healthy ways to indulge their sweet cravings.

A Healthy Baker's Dozen is my solution.

As young as three years old, I remember asking my mother if we could make cookies. After what seemed like hours of staring at the cube of butter and wondering how it would become a scrumptious treat I could eat, I somehow knew in my child's mind that baking and food would be a part of my future.

By second grade, my mother bought me my own children's cookie cookbook. That was the start of being the official baker of the house! By junior high, I was making everything from cookies to breads to cakes. Eventually, I realized I could not eat much of what I made if I were to maintain both my health and weight.

Becoming a registered dietitian was the natural result of my fascination with baking, food and health. I still bake, but alter my recipes for health and taste. Many cookbooks eliminate butter or substitute margarine, use sugar alternatives, and eliminate egg yolks to alter fat, sugar content, etc. To me, these can compromise taste, so I prefer to use real ingredients and alter their amounts. With wheat being linked to inflammation and autoimmune disorders such as Celiac, arthritis, and others, my recipes use alternate flours such as almond, coconut, etc.

Aligned with my goal of creating healthier treats, the gluten-free flour mix used throughout this book has higher protein flours. I recognize that these flours can be costly or not readily available and you may be tempted to use a packaged gluten-free flour. However, I cannot guarantee the outcome of the recipes in that case and encourage you

instead to use our mixture, which is higher in protein with no GMOs (genetically modified organisms). As a bonus, our flour mixture, in combination with the lower sugar content of the recipes, means that each treat has less carbohydrate than a slice of bread!

I hope you enjoy the sweet results! I invite you to comment on your *baking experience* on my website, Twitter or Facebook page.

Happy and healthy baking!

Susan B. Dopart, MS, RD, CDE



My original Suzy Homemaker oven from when I was three years old.

*baking tips &
ingredients*

I've always baked with healthy, *real ingredients*, but having to come up with gluten-free flour which works for multiple *cookie recipes* was beyond challenging.

Since no single flour has all the properties of wheat flour, creating a *gluten-free* mix of various flours is essential to recreating the texture and crunch we all love about cookies.



After a lot of research

and trial and error, I have chosen a mixture of flours, which meets my health guidelines and works well in both cookies and bars. I chose flours that are whole grain, have a lower glycemic index, a higher protein and fiber content, and provide optimal taste.

Different flour combinations may work better in other baked goods, but my focus was to create excellent cookies. Let's start with some tips for gluten-free baking:

Buying flours: The flours I chose can be purchased at a health food store or online.

Storage: Gluten-free flours need to be kept in the refrigerator for maximum freshness and a longer shelf life. For ease of use, I recommend storing in an airtight container, a canister, or a resealable bag. Gluten-free flours can be kept in the freezer for up to a year.

Measuring: Since gluten-free flours are vastly different than working with wheat flour, measuring by weight rather than with measuring cups is essential. Use an electronic scale and measure the flour out in **grams**. Put in the canister or container you've chosen and shake well to mix flours together. Sift before using for best results.

*See our video on mixing flours at www.susandopart.com