

Lemon Breakfast Cookies

A Gluten-Free, Sourdough Recipe

By Linda Masurka

Sourdough doesn't always have to take a lot of time and preparation. As long as you have extra starter on hand, there are always yummy possibilities in your future!

This is a very no-fuss recipe.



Ingredients:

- 1/2 stick butter, very soft or partially melted
- 1/2 cup tapioca starch
- 1/2 cup brown rice starter
- 1 egg
- 1/4 cup honey PLUS 1/8 tsp. white stevia extract
- zest and juice from one lemon
- 1/2 tsp. vanilla extract
- 1/4 tsp. salt
- 1/2 cup coconut flour
- 1 tsp. baking soda

Begin by softening the butter. Then dump all the rest in and stir well. Allow to sit a few minutes and the dough will thicken.

Line your baking sheet with parchment paper. Scoop, 1-1/2 tablespoons at a time, and form into balls. I use a pampered chef scoop. You should get 21 scoops=21 cookies. There may be half a scoop left, if anyone wants a baby cookie. :) Press with your fingers to flatten.

Bake at 350 degrees for approximately 15 minutes.

I use an Air Bake pan for these. If you are using a bar pan like Pampered Chef sells, you may want to preheat the pan, or it may need to bake just a few minutes longer.

You can decide how many "cookies" you feel makes a reasonable serving. I serve 3 per person.

These breakfast cookies were inspired by [Raising Generation Nourished](#). My daughter began making her breakfast cookies when we went gluten-free, but being who I am, I HAD to do a sourdough version! The sourdough is softer, contains less starch, and is easier on the digestion. *Delicious!*