

Mint Julep Cookies

Makes 16 servings | A diabetic-friendly recipe

Ingredients:

- 1 1/2 cups almond flour
- 1/3 cup powdered sugar substitute
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt
- 1 egg
- 1/2 teaspoon peppermint extract



Directions

1. Preheat oven to 350°F. Line a baking sheet.
2. Mix all ingredients until dough forms.
3. Roll into small balls and flatten slightly.
4. Bake 10–12 minutes. Cool completely.

Fun Food Fact

Mint juleps are traditionally served at the Kentucky Derby and have been the event's official drink since 1938. They are a refreshing cocktail made with bourbon, fresh mint, sugar, and crushed ice, and their cool, minty flavor also makes a delicious inspiration for cookies and other sweet treats.