

Calm Tummy Happy Heart Cookbook

Low FODMAP Bizcochito Cookies

Monash University Certified Recipe

New Mexico's official state cookie, the Bizcochito, is also a holiday and special occasion treat enjoyed throughout the Southwest. The smell of sugar cookies with cinnamon, anise and orange lets us know the holidays have arrived. They're wonderful as is, or sandwiched with a melted 70% cocoa mass bittersweet chocolate.

This recipe requires 1 hour and 30 minutes chill time in the fridge before baking.

Makes 44 Cookies for 22 Sandwich Cookies – 2 per serving
(using a 2-inch (5 cm) heart cookie cutter)

Ingredients

1 3/4 cups (258 g) low FODMAP gluten-free all-purpose baking flour, containing xanthan gum
2 teaspoons (4 g) ground anise seeds (use a coffee grinder for whole anise seeds)
1 teaspoon (2 g) ground cinnamon
1/4 teaspoon baking powder; use gluten-free if following a gluten-free diet
1/4 teaspoon fine sea salt
1/2 cup (112 g) plus 2 tablespoons (28 g) dairy-free butter alternative, softened but still cool to the touch
1/2 cup (100 g) sugar
1 large egg, room temperature
2 tablespoons (30 ml) plain, unsweetened almond milk, at room temperature
1 tablespoon (15 ml) fresh squeezed orange juice
2 teaspoons (10 ml) vanilla extract (essence)
Zest of 1 large orange
Cinnamon sugar topping of 6 teaspoons sugar and 1/2 teaspoon ground cinnamon, mixed

Method: Whisk the flour, anise, cinnamon, baking powder and salt in a medium bowl.

Beat the butter alternative and sugar in a stand mixer using the paddle attachment, or medium-sized mixing bowl with hand mixer for 5 minutes on high, scraping down the sides of the bowl as needed. Add the egg, milk, orange juice and vanilla. Mix on high for 3 minutes until fully incorporated.

Gradually spoon in the dry ingredients in 3 batches, first on low speed as you add and then on medium high to mix. Once all is blended the dough consistency will be very soft.

Form the dough into a flat 1-inch (2.5 cm) thick disk, wrap tightly in plastic and chill in the refrigerator for 1 hour 30 minutes.

Preheat the oven to 375 F / 190 C

Cover a baking sheet with parchment paper and coat lightly with cooking spray oil.

Roll 1/2 of the dough out on a gluten-free flour-dusted surface to 1/4-inch (.63 cm) thickness. Keep the dough you are not rolling in the fridge, wrapped. Cut into shapes with your cookie cutter (I use a 2-inch / 5 cm heart). If your kitchen is warm or it's a hot day outside and the dough becomes soft, just pop it back in the fridge for 10 minutes, then continue to roll out.

Stir the sugar and cinnamon together in a small bowl.

Place the shapes on the cookie pan, evenly spaced apart, and lightly sprinkle the tops with cinnamon sugar. Bake for 7 to 8 minutes or until they are a light golden color. Place on a wire baking rack to cool. Repeat for remaining cookies.

They are delicious as is and perfect for serving with a hot cup of ginger tea. If you'd like to take the extra step of making them into chocolate filled sandwich cookies, I highly recommend it and the added step is so easy!

FOR SANDWICH COOKIES

You will need 1/2-ounces (70 g) 70% minimum cocoa mass bittersweet chocolate. Some baking chocolates contain a bit of dairy that many people with IBS are able to tolerate. If you use this type or a dairy-free baking chocolate be sure that it is 70% cocoa minimum and contains no high FODMAP ingredients.

Place the chocolate in a small microwavable bowl and melt for 30 seconds. Stir. Micro 20 more seconds. Stir. If not completely melted, try 5 more seconds and stir.

Let sit too cool for 5 minutes. Using a butter knife or tiny spoon, spread a thin layer on the flat side of a cookie, just to the edges. Sandwich with another cookie and place on a serving platter. Repeat for the remaining cookies. Use any leftover chocolate to drizzle over the tops in a random striped pattern, using a back and forth motion. Sprinkle remaining cinnamon sugar over the soft chocolate.

Sandwich cookies will keep up to 3 to 4 days in the refrigerator in an airtight container, stacked with wax paper separating the cookies.

©FODify It! 2022 - *Calm Tummy Happy Heart Cookbook - New Mexican Bizcochitos*



MONASH
UNIVERSITY
LOW FODMAP
CERTIFIED™

One serving of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™. Monash University Low FODMAP Certified trademarks used under licence by FODify It! LLC. A low FODMAP diet does not treat a disease but may help to meet nutritional needs with reduced gastrointestinal symptoms. Monash University receives a licence fee for use of the Monash University Low FODMAP Certified trade marks.