



Candy Cane Cookies

Rating: ★★★★★

Makes: 40

Prep: 30 mins (+ 60 mins refrigerating)

Cook: 10-12 mins



Dietary: VEG, NF

Allergens: Wheat, Eggs, Dairy

Age group: 12 months+

Mealtime: Christmas Treats

Difficulty level: Beginner

Candy Cane Cookies



Vegetarian



Nut Free

Equipment

Stand mixer or electric hand mixer

Ingredients

- 1 cup (200g) unsalted butter
- 1 cup (140g) coconut sugar (*powdered if possible)
- 1 large egg
- 1 tsp (5ml) vanilla extract
- 1 drop of peppermint essential oil (optional)
- 2 cups (260g) wholemeal spelt flour
- ½ cup (70g) tapioca flour
- Pinch sea salt
- 1 tbsp (15g) beetroot powder

Tips

- ✓ **For a dairy-free version:** Swap butter with coconut oil.
- ✓ **For a gluten-free version:** Swap wholemeal spelt flour with a gluten-free flour blend.
- ✓ **For egg-free version:** Swap egg for a store-bought egg replacer.
- ✓ **Easy ingredient swaps:** Swap tapioca flour for arrowroot. Swap beetroot powder for pink dragon fruit powder.

Method

1. Place the butter and sugar in the bowl of a stand mixer with a paddle attachment. (Alternatively, use an electric hand mixer and large bowl.) Beat on medium speed until fluffy and frosting-like. Scrape down the sides of the bowl.
2. Beat in the egg, vanilla, and peppermint (if using). Scrape down the sides of the bowl.
3. With the mixer on low speed, beat in the flour and salt just until no more visible flour remains.
4. Divide the dough in half and remove half of the dough. Add beetroot powder to the remaining dough in the bowl. Work the powder into dough kneading by hand, or in the mixer on low speed.
5. Pat both pieces of dough into 2-3 cm thick circles and wrap each in plastic wrap. Refrigerate for at least 1 hour.
6. Preheat oven to 180°C. Line two baking sheets with baking paper.
7. Unwrap both pieces of dough. Pinch off tablespoon-sized pieces of the doughs. Roll each into a thick rope about 12-15 cm long. Pinch a red and white rope together at the top, then gently twist them together. Repeat with the remaining dough. Transfer the twisted ropes to the baking sheets and gently "hook" the top to create a candy cane shape.
8. Bake for 10-12 mins until bottoms start to turn golden brown. Cool for 10 minutes on the baking sheet. Transfer the cookies to wire cooling racks and cool completely.

Storing leftovers: Store in an airtight container in a cool dry spot for a week or in the fridge for up to 14 days or freeze for up to 4 months.

Prep tips: You can powder your coconut sugar by putting it into a high-speed blender and blend for 20-30 seconds. You can keep the prepared dough in the fridge for up to 3 days.