

# Allergy Alternative: Cooking for the Holidays with Amber Arnett Bequeaith



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'Tis the season...of eating! Whether it is Christmas cookies, holiday hams or a pesky fruitcake, we all know that sweet treats play a big part in the joys of the season. But for a lot of us with allergies, and other dietary restrictions, yuletide pleasures can be a real challenge.

Never fear though, here on The Local Show, we're here with a totally gluten- and dairy-free holiday recipe from KCPT viewer Amber Arnett Bequeaith. Amber runs Full Moon productions, the company that runs the Haunted Houses in the West Bottoms. but she and one of her children also happen to be gluten and dairy intolerant, which too, can be downright scary.

So how can you make a totally gluten and dairy free Christmas cookie that still passes the taste test? This week, we intend to find out.

If you are so inclined, here's Amber's GF/DF recipe for Holiday Sugar Cookies so you can try your own taste test at home:

½ c. Earth Balance (Butter substitute)

1 egg

¾ c. sugar

¼ c. turbinat sugar

1 ½ teaspoon vanilla

Cream together

½ c. sour cream alternative

Add and stir till mixed in

1c Almond Flour

1c Sweet White Sorghum Flour

1 ½ Brown Rice

1 teaspoon soda

½ teaspoon salt

1 teaspoon nutmeg

## Dash of Cinnamon

Mix into wet ingredients. Stir until it clumps. Take and ball the dough. Roll out on floured surface. Cut out!  
Bake 350 degrees on a greased cookie sheet.

