PRIMAL GUIDE

Tallow Shortbread Cookies

PREP 5 MIN • COOK 15 MIN • YIELD 12 COOKIES

INGREDIENTS

- ½ cup rendered beef tallow, firm but soft
- 1 egg
- ¼ cup powdered raw milk or dried egg yolk (optional, for structure)
- tiny bit of maple syrup or vanilla (optional)

STEPS

1. Mix tallow and egg until smooth.
2. Stir in powdered milk if using.
3. Shape into small cookies and place on parchment paper.
4. Bake at 325°F for 12–15 minutes.

Raw dairy: buy only from a clean, trusted source and check the rules where you live (see Primal Guide's Raw Milk Laws by State guide). Primal Guide isn't liable for illness from raw dairy.

primalguide.org/tallow-shortbread-cookies

Not medical advice. Talk with your doctor about your diet.

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