



*A Balanced
Diet Is A
Cookie In
Each Hand*

DELICIOUS DECEMBER COOKIE RECIPES

A collection of decorated cookies on a light-colored wooden surface. The cookies include a large snowflake, a Christmas tree, a smaller tree, a gift box, and a penguin. Small colorful sprinkles are scattered around the cookies.

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Vegan Sugar Cookies

Ingredients

Nonstick cooking spray
1 cup almond flour (sift after measuring)
1 dash sea salt (or Himalayan Salt)
1 dash baking soda
2 Tbsp. pure maple syrup
1 Tbsp. extra virgin organic coconut oil, melted
1 tsp. pure vanilla extract
2 tsp. unsweetened almond milk
Parchment paper

Instructions

Preheat oven to 325° F.
Lightly coat large baking sheet with spray. Set aside.
Combine almond flour, salt, and baking soda in a medium bowl; mix well. Set aside.
Combine maple syrup, oil, and extract in a small bowl; mix well.
Add maple syrup mixture to almond flour mixture. Add milk slowly; mixing to break up clumps of dough. Form dough into a ball with clean hands. Place on parchment paper. Roll into a 7-inch long log. Freeze for 50 to 60 minutes, or until firm.
Cut log into twelve slices. Spread slices out on prepared baking sheet.
Bake for 8 to 10 minutes, or until set.
Cool for 10 minutes on baking sheet. Loosen with metal spatula, remove from sheets and cool completely on a wire rack (or on parchment paper).

Makes 12 servings, 1 cookie each
Time: 25 minutes



Raspberry Filled Cookie Bites

Ingredients

1 cup fresh (or frozen) raspberries
¾ cup + 2 Tbsp. water, divided use
¼ cup raw honey
2 large egg whites (¼ cup)
½ tsp. pure vanilla extract
½ cup sifted almond flour

Instructions

To make raspberry filling, combine raspberries and ¾ cup water in small saucepan; cook, over medium-high heat, stirring occasionally, for 10 to 12 minutes, or until berries have broken down and liquid becomes slightly thicker. Refrigerate to cool.

To make meringue, place honey and remaining 2 Tbsp. water in small saucepan; cook, over medium-high heat, stirring occasionally, until mixture reaches 240° F with a candy thermometer. While honey mixture cooks, place egg whites in a clean, large metal mixing bowl; beat until soft peaks are formed. Set aside.

When honey mixture reaches 240° F, transfer it into a clean, heat-resistant pouring vessel (like a glass measuring cup). Slowly add honey mixture (in a thin stream) to egg whites, whisking vigorously until completely mixed. Add extract; continue whisking vigorously until the meringue forms stiff, glossy peaks.

Gently fold in almond flour; mix until well blended. Set aside.

Preheat oven to 300° F. Line two baking sheets with parchment paper. Set aside.

Transfer meringue mixture into a large resealable plastic bag (or pastry bag). Squeeze out any excess air and seal bag. Cut off about ½-inch of the bottom corner of the bag.

Pipe out thirty-six 1-inch rounds, evenly spaced. Firmly tap each baking sheet against the kitchen counter a few times to release any air bubbles.

Let cookies rest for 30 minutes prior to baking.

Bake for 18 to 20 minutes, or until cookies have risen about inch. Remove from oven. Cool before removing from parchment paper.

Evenly divide raspberry filling on the flat side of eighteen cookies. Top each cookie with the flat side of a second cookie to make a sandwich.

Makes 9 servings, 2 cookies each

Time: 1 hour 40 minutes (includes 1 hour chill time)

Oatmeal Raisin Cranberry Cookies

Ingredients

Nonstick cooking spray
1¼ cups whole-wheat flour
1 cup dry old-fashioned rolled oats
½ tsp. baking soda
1 scoop whey protein powder, vanilla flavor (I use Shakeology)
¾ cup thawed apple juice concentrate
½ cup unsweetened applesauce
¼ cup raisins
¼ cup unsweetened dried cranberries

Instructions

Preheat oven to 350° F.
Lightly coat baking sheet with spray. Set aside.
Combine flour, oats, baking soda, and protein powder in a medium bowl; mix well. Set aside.
Combine apple juice concentrate and applesauce in a medium bowl; mix well.
Add the apple juice mixture to the flour mixture; mix until just blended.
Fold in raisins and cranberries; mix well.
Drop by rounded Tbsp. onto prepared baking sheet.
Bake for 10 to 15 minutes, or until lightly browned.

Makes 18 servings, 1 cookie each

Time: 25 minutes



Holiday Sugar Cookies

Ingredients

1½ cups gluten-free all-purpose flour
¼ tsp. baking powder, gluten-free
¼ tsp. sea salt (or Himalayan salt)
¼ cup pure maple syrup
1 large egg
¼ cup ghee, room temperature
1 tsp. pure vanilla extract
½ tsp. pure butter extract
Colored decorating sugar (optional; for garnish)
Cookie cutters
Rolling pin
Parchment paper

Instructions

Whisk together flour, cornstarch, baking powder, and salt in a medium mixing bowl.

In a separate medium bowl, whisk together maple syrup, egg, ghee, and extracts.

Add dry mixture to wet mixture, mixing to form dough. Knead briefly, then place dough on a large piece of plastic wrap. Form dough into a disc 1-inch thick, cover with another sheet of plastic wrap, and refrigerate 1 hour.

Preheat oven to 350° F. Line a baking sheet with parchment paper.

Remove dough from refrigerator. Leave dough between the plastic wrap; use a rolling pin to roll out dough until it is ⅛-inch thick. Cut out cookies with a cookie cutter.

Gather and re-roll unused dough and cut remaining cookies (repeat as many times as necessary to use all the dough; gluten-free dough doesn't toughen).

Place all cookies on prepared baking sheet, leaving a little space between them. Sprinkle each with a pinch of colored sugar (if desired). Bake for 8 to 10 minutes. Cool on baking sheet for 5 minutes.

Remove to a wire rack to cool completely. Serve immediately, or store refrigerated in an airtight container for up to 3 days.

Makes 11 servings, 2 cookies each

Time: 1 hour 25 minutes



Snickerdoodles

Ingredients

$\frac{3}{4}$ cup light brown sugar
 $\frac{1}{2}$ cup unsalted organic grass-fed butter, softened
1 large egg
1 tsp. pure vanilla extract
 $1\frac{1}{3}$ cups gluten-free all-purpose flour
 $1\frac{1}{2}$ tsp. baking powder, gluten-free
 $\frac{1}{4}$ tsp. sea salt (or Himalayan salt)
2 Tbsp. light brown sugar
 $1\frac{1}{2}$ tsp. ground cinnamon
Parchment paper

Instructions

Preheat oven to 400° F.

Line two baking sheets with parchment paper. Set aside.

To make dough, add brown sugar, butter, egg, and extract to a large bowl; cream with handheld mixer until well combined.

Add flour, baking powder, and salt; mix to combine.

To make cinnamon mixture, combine brown sugar and cinnamon in a shallow bowl. Shape dough into 18 equal-sized balls (approximately 1 Tbsp. each); roll each ball in cinnamon mixture. Place a few inches apart on prepared baking sheets.

Bake for 8 to 10 minutes, or until set but not hard.

Transfer immediately to a cooling rack.

Makes 18 servings, 1 cookie each

Time: 20 minutes

Chocolate Chunk Molasses Cookies

Ingredients

$\frac{3}{4}$ cup almond flour
 $\frac{1}{2}$ cup spelt flour
 $\frac{1}{2}$ teaspoon baking soda
1 teaspoon cinnamon
 $\frac{1}{2}$ teaspoon ginger
 $\frac{1}{8}$ teaspoon salt
2 tablespoons molasses
 $\frac{1}{4}$ cup honey
 $\frac{1}{2}$ teaspoon vanilla extract
1 egg
1 tablespoon melted coconut oil
 $\frac{1}{3}$ cup dark chocolate (72% or higher), chopped
2 tablespoons sugar
 $\frac{1}{2}$ teaspoon cinnamon

Instructions

In a large bowl, combine all dry ingredients (almond flour, spelt flour, baking soda and spices).

In a small bowl whisk together remaining wet ingredients until completely smooth.

Add wet to dry ingredients and mix together until fully incorporated.

Add chocolate chunks and fold into batter.

Cover and refrigerate for at least 2 hours or overnight.

Once chilled, roll about 1 tablespoon of batter into a ball.

If coating with sugar mixture, combine sugar and cinnamon in a small bowl and roll ball until covered.

Place on a baking sheet lined with parchment paper.

Bake at 350 degrees for 8 minutes.

Remove cookies from oven and press down on the top of them with a spoon for that signature molasses cookie wrinkle effect.

Let cool on baking sheet for 5 minutes before transferring to a cooling rack.

Makes 12 servings, 1 cookie each

Time: 2 hours 18 minutes



Pumpkin Cookies

Ingredients

Nonstick cooking spray
1½ cups rolled oats
⅔ cup almond flour
1 tsp. ground cinnamon
¼ tsp. ground cloves
¼ tsp. ground ginger
¼ tsp. sea salt (or Himalayan salt)
1 large egg, lightly beaten
1¼ cups pumpkin puree
⅓ cup maple syrup
¼ cup chopped raw pecans (optional)
24 pecan halves

Instructions

Preheat oven to 350° F.

Lightly coat two baking sheets with spray. Set aside.

Combine oats, almond flour, cinnamon, cloves, ginger, and salt in a medium bowl; mix well. Set aside.

Combine egg, pumpkin, and maple syrup in a large bowl; mix well.

Add flour mixture and chopped pecans to pumpkin mixture; mix until blended.

Drop by rounded Tbsp. onto prepared baking sheet; flatten cookies with a spatula. Top each cookie with a pecan half.

Bake for 14 to 15 minutes or until firm.

Makes 12 servings, 2 cookies each

Time: 20 minutes

Almond Chocolate Thumbprint Cookies

Ingredients

1 1/4 cup almond flour
1/4 cup ground flaxseed
1/2 teaspoon baking soda
1/4 teaspoon salt
1/4 cup brown sugar
3 tablespoons egg whites
1 tablespoon + 1/2 teaspoon melted coconut oil
1/2 teaspoon vanilla extract
1/4 teaspoon almond extract
1/3 cup dark chocolate chips

Instructions

Preheat oven to 350 degrees. Line a baking sheet with parchment paper.

In a large bowl, combine the flour, flax seed, salt, baking soda and brown sugar.

In a small bowl, whisk together the egg whites, extracts and 1 tablespoon of the coconut oil.

Pour the wet ingredients into the dry and mix until combined.

With wet hands, roll about 1 tablespoon of the dough into a ball and place on the baking sheet.

Wet the back of a 1/2 teaspoon and gently press down in the center of each dough ball to create an indent.

Place the baking sheet in the oven and bake for about 12 minutes.

Remove from the oven and using the 1/2 teaspoon, press down again in the indent just to make it a bit deeper as it probably puffed up a bit while baking.

Let the cookies cool completely on a cooling rack.

Meanwhile, melt the chocolate chips and the 1/2 teaspoon coconut oil either in the microwave or on the stove top.

Once cookies are cooled, spoon the chocolate into the indent. Let them sit for about 10 minutes until set.

Store in an airtight container for up to 5 days.

Makes 12 servings, 1 cookie each

Time: 22 minutes

Gingerbread Cookies

Ingredients

3 cups flour

1/3 cup + 1 tbsp maple syrup

1/4 cup blackstrap molasses

1 1/2 tsp baking powder

3/4 tsp baking soda

1/4 tsp salt

1/2 tbsp ginger

1 egg

2 tsp cinnamon

1/4 tsp cloves

1/4 tsp nutmeg

4 tbsp applesauce

2 tsp vanilla extract

Instructions

Mix the dry ingredients in one bowl.

Mix wet in another.

Add dry to wet and mix only until combined.

Remove the dough from the bowl and cut into two equal parts.

Wrap the dough in plastic and refrigerate for at least 2 hours.

After two hours, remove the dough from the fridge. Preheat oven to 350.

Roll the dough onto a floured surface until it is about 1/4 inch thick.

Cut dough into desired shapes and place them onto a lined baking sheet.

Bake the cookies for about 8 minutes and then let them cool a bit before removing.

Set them aside to completely cool before decorating.

Makes 18 servings, 1 cookie each

Time: 2 hours 20 minutes

