

Cookie Cut Outs

Prep time

5 mins

Cook time

15 mins

Total time

20 mins

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Serves: 24

Ingredients

- "HEALTHIFIED" CHRISTMAS COOKIES
- ¼ cup butter
- ¼ cup cream cheese
- ½ cup confectioners Swerve (or powdered erythritol and ½ tsp stevia glycerite)
- ¼ tsp baking powder
- 1 tsp extract (orange/lemon/vanilla/almond)
- ½ tsp Celtic sea salt
- 2 cups blanched almond flour
- FROSTING:
- 2 cups confectioners' Swerve (or powdered erythritol and 1 tsp stevia glycerite)
- ½ cup butter or coconut oil
- 2-4 TBS unsweetened almond milk
- 1 tsp extract (orange/lemon/vanilla/almond/strawberry)
- Natural Food Coloring



Instructions

1. Preheat oven to 300 degrees F.
2. In a large bowl, cream the butter and the cream cheese for 1 minute.
3. Add the natural sweetener, baking powder, extract and salt and continue mixing until creamy.
4. Stir in the flour and chill.
5. Place the chilled dough out onto a greased piece of parchment and top with another piece of greased parchment. Roll the dough out to 1 centimeter thick. Uncover the top parchment and use your favorite cookie cutters to cut out cookies.
6. Place cookies on a baking sheet about 1 inch apart and bake for 12-15 minutes.
7. To make the frosting, combine all the ingredients in a medium bowl (start with 2 TBS almond milk and add more to get desired thickness).
8. Add desired extract and color.
9. Place the frosting into Ziploc bags and cut a small corner out.
10. Squirt onto cookies.

Notes

NUTRITIONAL COMPARISON (per serving)

Traditional Cookies = 159 calories, 10g fat, 2.8g protein, 23.6g carbs, 0.6g fiber (23 effective carbs)

"Healthified" Cookies = 116 calories, 11g fat, 2.2g protein, 2.1g carbs, 1g fiber (85% fat, 8% protein, 7% carbs)

Recipe by Maria Mind Body Health at <https://mariamindbodyhealth.com/cookie-cut-outs/>