



Healthy Christmas **RECIPE BOOK**



*Because the holidays should taste
as good as they feel!*





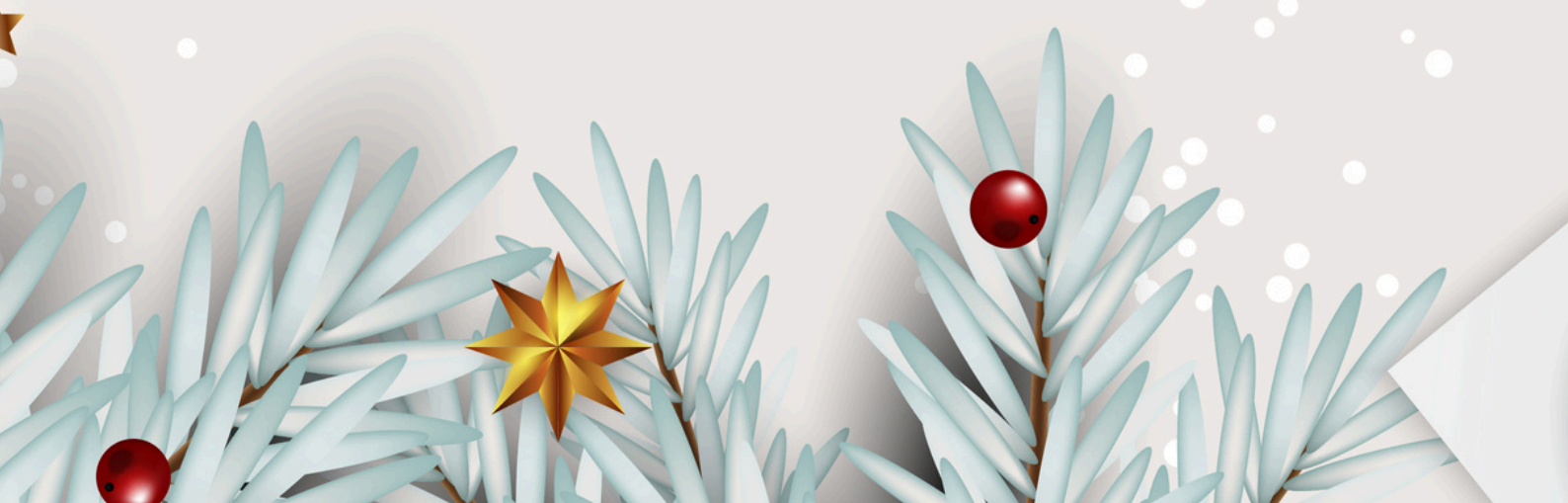
A Sweet Season Without the Guilt

The holidays are here, and with them comes the irresistible smell of freshly baked cookies wafting from the kitchen. But let's face it, **Christmas cookies** often get a *bad rap* for being loaded with sugar and butter.

What if I told you that you can indulge in these festive treats *and* feel good about it?

This recipe book proves that cookies can be delicious and nourishing. Each recipe combines wholesome ingredients with holiday magic to create guilt-free indulgences that even **Santa** would approve of.

So grab your apron, turn on some holiday tunes, and let's bake healthier together!





The table of

CONTENTS

ALMOND FLOUR
GINGERBREAD COOKIES

CRANBERRY-ORANGE
OATMEAL BITES

VEGAN SNOWBALL
COOKIES

DARK CHOCOLATE PEPPERMINT
BARK COOKIES

COCONUT MACAROONS WITH A
FESTIVE TWIST

SWEET POTATO SPICE
COOKIES

MAPLE-PECAN SHORTBREAD

CHEWY CHAI SPICED COOKIES

PUMPKIN CRANBERRY
THUMBPRINTS

MATCHA VANILLA PINWHEELS



Almond Flour Gingerbread Cookies



Ingredients

- 2 ½ cups almond flour
- ¼ cup coconut sugar
- 1 tsp baking soda
- 1 tbsp ground ginger
- 1 tsp cinnamon
- ¼ tsp nutmeg
- ¼ tsp cloves
- ¼ cup melted coconut oil
- 3 tbsp maple syrup
- 1 tsp vanilla extract

Method

1. Preheat your oven to 350°F (175°C).
2. In a large bowl, whisk together almond flour, coconut sugar, baking soda, and spices.
3. Add coconut oil, maple syrup, and vanilla extract. Mix until a dough forms.
4. Roll out the dough between two sheets of parchment paper and cut into festive shapes.
5. Bake for 8-10 minutes, or until edges are golden brown.
6. Cool completely before decorating (optional: use a glaze made with powdered monk fruit sweetener and almond milk).



Cranberry-Orange Oatmeal Bites

Ingredients

- 1 ½ cups rolled oats
- ½ cup almond butter
- ¼ cup honey or maple syrup
- Zest of 1 orange
- ½ cup dried cranberries
- ½ tsp cinnamon
- Pinch of sea salt

Method

1. Combine all ingredients in a large bowl. Mix until well combined.
2. Roll into bite-sized balls and chill in the fridge for 30 minutes.
3. Store in an airtight container for up to a week (if they last that long!).



Vegan Snowball Cookies

Ingredients

- 1 cup almond flour
- ½ cup shredded coconut
- 3 tbsp coconut oil
- 2 tbsp maple syrup
- 1 tsp vanilla extract
- Pinch of sea salt

Method

1. Preheat your oven to 325°F (165°C).
2. Mix all ingredients in a bowl until a dough forms.
3. Roll into small balls and place on a parchment-lined baking sheet.
4. Bake for 12-15 minutes, or until edges are lightly golden.
5. Let cool, then roll in powdered monk fruit sweetener for a snowy effect.



Dark Chocolate Peppermint Bark Cookies

Ingredients

- 1 cup almond flour
- ½ cup cocoa powder
- ¼ tsp baking soda
- ¼ cup coconut oil
- ¼ cup maple syrup
- ½ tsp peppermint extract
- Dark chocolate chips or melted dark chocolate for drizzle

Method

1. Preheat oven to 350°F (175°C).
2. Mix dry ingredients in a bowl.
3. Stir in coconut oil, maple syrup, and peppermint extract until combined.
4. Roll into balls and flatten slightly on a baking sheet.
5. Bake for 8-10 minutes. Cool, then drizzle with melted dark chocolate.

Coconut Macaroons with a Festive Twist



Ingredients

- 2 cups shredded unsweetened coconut
- $\frac{1}{3}$ cup coconut milk
- $\frac{1}{4}$ cup honey or maple syrup
- 1 tsp vanilla extract
- Optional: a pinch of matcha for green macaroons or freeze-dried strawberries for red

Method

1. Preheat oven to 325°F (165°C).
2. Mix all ingredients in a bowl until sticky.
3. Scoop into small mounds on a lined baking sheet.
4. Bake for 12-15 minutes, or until edges are golden.
5. Cool and dip in melted dark chocolate if desired.



Sweet Potato Spice Cookies

Ingredients

- 1 cup mashed sweet potato (roasted and cooled)
- ½ cup almond butter or tahini
- ¼ cup maple syrup
- 1 tsp vanilla extract
- 1 cup oat flour (or blended oats)
- 1 tsp cinnamon
- ½ tsp ground ginger
- ¼ tsp nutmeg
- ½ tsp baking soda
- Pinch of salt

Method

1. Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. In a mixing bowl, combine mashed sweet potato, almond butter, maple syrup, and vanilla extract until smooth.
3. Add oat flour, spices, baking soda, and salt. Stir until a soft dough forms.
4. Scoop tablespoon-sized amounts onto the baking sheet and flatten slightly with the back of a spoon.
5. Bake for 12-15 minutes until edges are lightly golden.
6. Let cool completely and enjoy the warm, spiced goodness!



Maple-Pecan Shortbread

Ingredients

- 2 cups almond flour
- ½ cup finely chopped pecans
- ¼ cup maple syrup
- ¼ cup coconut oil (solid, not melted)
- 1 tsp vanilla extract
- Pinch of sea salt

Method

1. Preheat oven to 325°F (165°C).
2. Mix almond flour, pecans, and salt in a bowl.
3. Add maple syrup, coconut oil, and vanilla extract, mixing until a crumbly dough forms.
4. Press the dough into a parchment-lined 8x8 pan for bars or roll into small balls for cookies. Flatten slightly if making cookies.
5. Bake for 15-18 minutes or until lightly golden.
6. Cool completely before cutting or serving.



Chewy Chai Spiced Cookies

Ingredients

- 1 $\frac{3}{4}$ cups oat flour
- $\frac{1}{2}$ cup coconut sugar
- $\frac{1}{4}$ cup melted coconut oil
- 2 tbsp almond milk (or your choice of milk)
- 1 tbsp ground flaxseed + 2 tbsp water (for flax egg)
- 1 tsp vanilla extract
- 1 tsp cinnamon
- $\frac{1}{2}$ tsp ground cardamom
- $\frac{1}{2}$ tsp ground ginger
- $\frac{1}{4}$ tsp ground cloves
- $\frac{1}{4}$ tsp baking soda
- Pinch of salt

Method

1. Preheat oven to 350°F (175°C).
2. Make the flax egg by mixing flaxseed with water and letting it sit for 5 minutes.
3. In a bowl, whisk coconut sugar, coconut oil, almond milk, vanilla, and flax egg.
4. Add oat flour, spices, baking soda, and salt. Stir to form a sticky dough.
5. Scoop onto a baking sheet, flatten slightly, and bake for 10-12 minutes.
6. Cool for a few minutes on the tray before transferring to a wire rack.

Pumpkin Cranberry Thumbprints



Ingredients

- 1 cup almond flour
- ½ cup pumpkin puree
- ¼ cup coconut sugar
- 2 tbsp coconut oil
- 1 tsp cinnamon
- ½ tsp nutmeg
- ¼ tsp baking soda
- Pinch of sea salt
- ¼ cup unsweetened dried cranberries
- Optional: cranberry or apricot jam for filling

Method

1. Preheat oven to 350°F (175°C).
2. Mix almond flour, pumpkin puree, coconut sugar, coconut oil, cinnamon, nutmeg, baking soda, and salt in a bowl.
3. Roll dough into small balls and place on a baking sheet. Press a thumbprint into the center of each ball.
4. Fill the indentation with dried cranberries or a dollop of jam.
5. Bake for 12-15 minutes until golden and set.
6. Cool before serving these festive bites!



Matcha Vanilla Pinwheels

Ingredients

- 1 cup oat flour
- ½ cup almond flour
- ¼ cup coconut sugar
- ¼ cup coconut oil
- 2 tbsp almond milk
- 1 tsp vanilla extract
- 1 tsp matcha powder
- Pinch of salt

Method

1. Preheat oven to 325°F (165°C).
2. Mix oat flour, almond flour, coconut sugar, and salt in a bowl. Add coconut oil, almond milk, and vanilla, stirring until a dough forms.
3. Split the dough in half. Mix matcha powder into one half.
4. Roll each half between parchment paper into rectangles of similar size. Stack the matcha layer on top of the vanilla layer, then roll tightly into a log.
5. Chill the dough in the fridge for 20 minutes.
6. Slice into rounds and place on a baking sheet.
7. Bake for 12-15 minutes until edges are golden. Cool and enjoy the striking green-and-white swirls!



Festive Tips for a Healthier Baking Experience

Get creative with toppings: Instead of sugary sprinkles, decorate your cookies with chopped nuts, unsweetened coconut flakes, or dried fruit.

Make it a family event: Get your kids or loved ones involved in baking. It's more fun and creates lasting memories.

Practice mindful eating: Take a moment to truly enjoy your baked cookies. Notice the flavors, textures, and the joy they bring.

Healthy doesn't mean boring, and indulgent doesn't have to mean unhealthy. This Christmas, let's embrace the season with treats that nourish our bodies and spirits.

Wishing you **a season full of joy, love, and cookies** because you deserve it all.

Warm regards,
The Nutraville Team

