



Fatkin Natural Healing

Designed Clinical Nutrition — Chiropractic

Paleo Sugar Cookies

Make holiday memories with these sugar cookies!

Recipe and photo credit: Paleo Running Momma

(<https://www.paleorunningmomma.com/paleo-sugar-cookies-grain-free/>)



Ingredients:

- 1/4 cup grass-fed butter unsalted, softened
- 1/3 cup raw honey
- 1 egg room temp
- 1 tsp pure vanilla extract
- 1 3/4 cups blanched almond flour sifted
- 1/3 cup coconut flour sifted
- 1/4 tsp baking soda
- 1/8 tsp salt

Icing 1 - (not paleo*)

- 2/3 cup organic powdered sugar
- 3-4 tsp fresh orange juice or water

Icing 2 - (paleo)

- 1/4 cup coconut butter melted**
- 2 tsp honey

Directions:

1. In one bowl, combine the sifted almond flour, coconut flour, baking soda and salt, set aside
2. In a separate bowl, using an electric hand mixer (or stand mixer) cream together the butter and honey until very smooth and creamy on medium speed.
3. Add in the egg and vanilla and beat on low speed until combined. Add the dry ingredients to the wet and beat until a thick cookie dough forms (you can stir it by hand at this point if it's too thick to mix.)
4. Using a silicone spatula, scrape all dough off the sides of the bowl and form a ball. Wrap the dough ball in plastic wrap and chill for at least 1 hour so the dough can be rolled. You can also chill overnight if you want to make the dough ahead of time.
5. Once chilled, preheat your oven to 350 degrees F and line a large cookie sheet with parchment paper.
6. Place the dough on a separate large sheet of parchment paper on your countertop and cover with another sheet. Roll out the dough slowly between the two sheets of parchment paper to 1/4 inch thickness for cutouts.
7. Place cookie cutouts on the parchment lined baking sheet and repeat with remaining dough, chilling before rolling out again if needed.
8. Bake cookies in the preheated oven for 10 minutes or until just beginning to turn light brown. Allow cookies to rest on the baking sheet for 5 minutes before carefully transferring to wire racks to cool completely.
9. Once completely cooled, decorate as desired and enjoy!

For icing 1*:

Combine sugar and orange juice or water in a small bowl and mix until a smooth icing forms.

For icing 2:

Carefully stir honey into melted coconut butter, then drizzle on cookies. If you need to re-melt the mixture, do it in small 5 second increments - coconut butter can easily separate so it's important to be gentle!