

## Sugar Cookies (S)

"Sugar Cookies" is another great recipe from Esther Allison, author of [Trim Healthy Indulgence](#)!! thinner with crispy edges. If you like your cookies thin with crispy edges, roll your dough thinner and bake for less time. For thicker, chewy cookies, roll your dough thicker and bake them longer!"

Makes: Multiple Servings

### INGREDIENTS:

- 1 cup almond flour
- 1/2 cup [TH Baking Blend](#)  
(1/2 cup plus 1 Tbs of TH Baking Blend)
- 1/4 cup [TH Gentle Sweet Xylitol Free](#)
- 1/2 cup butter (softened)
- 1 ½ tsp [TH Natural Burst Vanilla Extract](#)
- 1/8 tsp [TH Mineral Salt](#)
- 1 egg yolk
- coconut oil cooking spray



### DIRECTIONS:

1. Cream the butter and sweetener together in a bowl.
2. Add the egg yolk and vanilla and beat until thoroughly combined.
3. Then add the almond flour, Baking Blend, and salt.
4. Mix until combined. Form the dough into a ball and chill for at least an hour.
5. Line a cookie sheet with parchment paper and lightly spray with coconut oil cooking spray.
6. Roll out the dough between two pieces of parchment paper and cut out shapes with cookie cutters.
7. Put the cut-out cookies on the cookie sheet and bake for 12-15 minutes at 350 degrees or until lightly golden on the sides.
8. Remove from heat and do not touch until fully cooled.
9. Decorate with frosting of choice and sugar-free sprinkles. See below to try Esther's Frosting recipe!

### FROSTING INGREDIENTS:

- 2 cups heavy whipping cream
- 8 oz. 1/3 less-fat cream cheese
- 1 tsp. [TH Natural Burst Vanilla Extract](#)
- ¾ cup [TH Gentle Sweet](#)

Mix cream cheese, vanilla extract, and Gentle Sweet in a bowl until well combined. Then add heavy cream and mix until it reaches a thick, spreadable consistency.

This and other delicious TH recipes can be found at [www.TrimHealthyMembership.com](http://www.TrimHealthyMembership.com)