

Trim Cookies (S)

Old Saint Nick probably wouldn't be known for his round belly if he indulged in Trim Healthy Trim Cookies instead of those sugar-laden cookies he's known for requesting! No need to be left out of holiday festivities! These cookies are sure to delight everyone in the family - make an activity out of it and let the kids help you decorate! Cream Cheese Frosting recipe included!

Makes 12-16 Cookies

INGREDIENTS:

- 4 oz butter (1 stick; softened)
- 1 egg
- 1/2 tsp [TH Natural Burst Vanilla Extract](#)
- 1/3 cup [TH Gentle Sweet](#)
- 1 pinch [TH Mineral Salt](#)
- 1 1/4 cups [TH Baking Blend](#) (See note below for an alternate flour option)



DIRECTIONS:

1. Cream butter, egg, vanilla and the TH Gentle Sweet.
2. Add the mineral salt and TH Baking Blend to the mix and form into a ball with your hands.
3. For round shaped cookies, pull off pieces of the dough, roll into balls, then place on a well-greased cookie tray and flatten slightly with a fork.
4. For fun shaped cookies, refrigerate dough ball for 2 or 3 hours until it is very firm and chilled.
5. Roll out between parchment and create shapes.
6. Bake at 350 for 10 -12 minutes. Baking times may vary depending on size of cookies.

-Alternate Flour Option (if not using TH Baking Blend)

3/4 cup almond flour
1/2 cup [TH Oat Fiber](#)

-Cream Cheese Frosting:

Ingredients:

- 4 oz cream cheese, softened
- 1/2 stick butter, softened
- Splash [TH Natural Burst Vanilla Extract](#)
- 3 Tbs [TH Gentle Sweet](#)

Directions: Blend this all together for the frosting, let it set up for a few minutes, and then frost your Trim Cookies!

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Here are some other on-plan cookie topping ideas:

- Orange zest
- Chopped unsweetened cranberries
- Slivered almonds
- Homemade jelly/jam for thumbprint-type cookies
- All fruit jam (jam only sweetened with its own juice)
- Stevia-sweetened chocolate chips or 85% chocolate
- Color your icing - there are some all-natural options online and at some health food stores

Thumbprint Cookies Variation:

- Make the cookie dough as stated above.
- Pull off small pieces of the dough, roll into balls, then place on a well-greased cookie tray and press your thumb into the dough ball to leave a small indentation.
- Place a 1/4 teaspoon of an on plan No Sugar Added Jelly or Jam (such as Polaner's or Smucker's) into the indentation of the dough ball.
- Bake at 350 degrees for 10-12 minutes.