

Healthy Sugar Cookies



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Prep time

5 mins

Cook time

10 mins

Total time

15 mins

Serves: 12

Ingredients

- 2 cups [blanched almond flour](#)
- ¼ cup [coconut oil](#) melted (or grass-fed butter at room temp)
- ½ cup [coconut palm sugar](#)
- 1 egg
- 1 tbs [vanilla extract](#)
- ¼ teaspoon fine sea salt

Instructions

1. Preheat oven to 350 degrees
2. Mix all wet ingredients together and combine well
3. Slowly pour dry ingredients into wet ingredients and mix well
4. Drop a tablespoon of dough on a parchment paper lined cookie sheet
5. Bake cookies for 8-10 mins (until edges are golden brown)
6. As cookies are cooling, sprinkle with a little coconut sugar after baking if desired
7. Cool cookies for at least 5 mins before serving
8. (Alternatively, if you are cutting out shapes, refrigerate dough for at least 1 hour and then roll out using a rolling pin and additional almond flour and bake the same way)

Notes

Please use all organic ingredients if possible







Thank goodness it only takes 15 mins to keep Santa and ourselves a little healthier this season. If you know someone who could revamp their sugar cookies recipe or buying habits, please share this post with them. We don't want anyone poisoning Santa!

Happy Holidays,

Food Babe

