

# *Slice 'N' Bake Christmas Cookies*

1 Recipe \* 5 Variations

Paleo\*Vegan\*Gluten-Free\*Grain-Free\*Dairy-Free  
Soy-Free\*Refined Sugar-Free\*Low Sugar\*Egg-Free



Theresa Diulus Nutrition & Lifestyle LLC

# Merry Christmas!



When I hear the song lyrics, "It's the most wonderful time of the year!" I think about preparing to celebrate Christmas and my to-do list that includes "making cookies." Since having to change how I eat years ago, there's been an evolution of initially feeling as though there weren't any cookies I could eat that would taste good to then finding recipes that were overwhelming with so many ingredients! to arriving at a few recipes that taste amazing and are quick and easy to make.

Since schedules tend to be extra full at this time of the year, I created the recipes you'll find in this mini e-book aiming to save time. One master recipe made multiple ways will allow you to create a beautiful plate or tray full of cookies that taste and look very different. Since they're slice'n'bake you can keep the dough in the freezer until you're ready to bake them. Whether you need a tray for a party you're going to or you're watching a favorite Christmas movie at home (Elf? Miracle on 34th Street? Christmas Vacation?), you'll be ready with dough in your freezer! Quick and easy! You're welcome ;)

I'd love to see your cookies if you make them! Please tag me on Instagram @theresadiulus if you do!

Wishing you and your family a very merry and blessed Christmas!  
Theresa

"Dear friend, I pray that you may enjoy good health and that all may go well with you."

3 John 2

# Master Cookie Mix

## Ingredients:

- \*2 cups almond flour
- \*2 T. arrowroot flour
- \*1/4 tsp. baking soda
- \*1/4 tsp. sea salt
- \*5 T. melted coconut oil
- \*2 T. maple syrup
- \*1 tsp. vanilla extract

## Directions:

1. In a medium bowl, whisk together the almond flour, arrowroot, baking soda, and sea salt. Add the coconut oil, maple syrup and vanilla extract. Stir until completely combined.
2. Divide the dough in half. Place each dough half onto 2 separate sheets of parchment paper to roll into 2 thin logs measuring 8" long x 1" round using your hands to form the logs as you roll.
3. Label and wrap with plastic wrap or place in a container or plastic bag before placing in the freezer to store.
4. When ready to bake, preheat the oven to 350F.
5. Unwrap the dough and cut into 1/2" thick slices. Place on a cookie sheet lined with parchment or a silicone baking mat. Bake for 6 minutes or until golden brown.
6. Remove to a wire rack to cool.



# Cranberry Orange Cookies

*I used to love ordering a Cranberry Bliss Bar along with my coffee at Starbucks at this time of year so those flavors inspired this cookie variation. I love the tart cranberry mixed with the bright orange flavor and the hint of ginger enrobed with the sweet hit of white chocolate.*

## Master Cookie Mix + These Additional Ingredients:

- \*1/4 tsp. ground ginger
- \*Zest of 1 orange
- \*1/4 cup chopped dried cranberries
- \*1/4 cup white chocolate chips

## Directions:

1. In a medium bowl, whisk together the almond flour, arrowroot, baking soda, sea salt ground ginger, and orange zest. Add the coconut oil, maple syrup and vanilla extract. Stir until completely combined. Mix in dried cranberries and white chocolate chips.
2. Divide the dough in half. Place each dough half onto 2 separate sheets of parchment paper to roll into 2 thin logs measuring 8" long x 1" round using your hands to form the logs as you roll.
3. Label and wrap with plastic wrap or place in a container or plastic bag before placing in the freezer to store.
4. When ready to bake, preheat the oven to 350F.
5. Unwrap the dough and cut into 1/2" thick slices. Place on a cookie sheet lined with parchment or a silicone baking mat. Bake for 6 minutes or until golden brown.
6. Remove to a wire rack to cool.



# Lemon Poppyseed Cookies

*Lemon Poppyseed Bread is one of my favorite quick breads to make so I thought it would make a fun cookie flavor and it tastes to me like a mini piece of it. I love how the poppy seeds look like little confetti in each cookie too – so festive!*

## Master Cookie Mix + These Additional Ingredients:

**\*\*Do Not Use Vanilla Extract In Master Cookie Mix\*\***

\*1 T. poppyseeds

\*Zest of 1 lemon

\*1 tsp. organic lemon extract (replaces vanilla extract)

## Directions:

1. In a medium bowl, whisk together the almond flour, arrowroot, baking soda, sea salt and poppyseeds and lemon zest. Add the coconut oil, maple syrup and lemon extract. Stir until completely combined.
2. Divide the dough in half. Place each dough half onto 2 separate sheets of parchment paper to roll into 2 thin logs measuring 8" long x 1" round using your hands to form the logs as you roll.
3. Label and wrap with plastic wrap or place in a container or plastic bag before placing in the freezer to store.
4. When ready to bake, preheat the oven to 350F.
5. Unwrap the dough and cut into 1/2" thick slices. Place on a cookie sheet lined with parchment or a silicone baking mat. Bake for 6 minutes or until golden brown.
6. Remove to a wire rack to cool.



# Pecan Sandies

*Pecan Sandies were a cookie I did NOT like at all as a kid – I wanted all the chocolate, icing and candy filled ones, thank you very much ☺ Not surprising that I'm now showing you this nut cookie dipped in chocolate – so good! On their own even, the toasted pecans add a wonderful crunch and butteriness that will have you checking the ingredients to make sure there isn't any dairy. Adding some flaky sea salt to the top if you don't dip them in chocolate adds a great flavor as well.*

## Master Cookie Mix + These Additional Ingredients:

\*1/2 cup chopped toasted pecans

\*Optional: 1/2 cup dark chocolate, melted for dipping

## Directions:

1. In a medium bowl, whisk together the almond flour, arrowroot, baking soda, and sea salt. Add the coconut oil, maple syrup and vanilla extract. Stir until completely combined. Mix in pecans.
2. Divide the dough in half. Place each dough half onto 2 separate sheets of parchment paper to roll into 2 thin logs measuring 8" long x 1" round using your hands to form the logs as you roll.
3. Label and wrap with plastic wrap or place in a container or plastic bag before placing in the freezer to store.
4. When ready to bake, preheat the oven to 350F.
5. Unwrap the dough and cut into 1/2" thick slices. Place on a cookie sheet lined with parchment or a silicone baking mat. Bake for 6 minutes or until golden brown.
6. Remove to a wire rack to cool. If desired, dip half of cookies in melted dark chocolate and set on parchment paper to set.



# Raspberry Sandwich Cookies

*These cookies are the simplest ones to make yet still very flavorful. The raspberry highlights the almond flavor from the flour in the dough and tastes like Linzer Cookies to me. If anyone is familiar with the pretty big cookies from La Madeleine Restaurants in Texas these remind me of them without dairy or refined sugar or grains!*

**Master Cookie Mix + These Additional Ingredients:**

\*2 T. Raspberry Jam

## Directions:

1. Follow directions for Master Cookie Mix.
2. Unwrap the dough and cut into 1/3" thick slices. Place on a cookie sheet lined with parchment or a silicone baking mat. Bake for 4–6 minutes or until golden brown.
3. Remove to a wire rack to cool.
4. Once cookies are cool, spread a thin layer of jam on bottom of a cookie and place another cookie bottom on top of that creating a sandwich.



## Bonus: Chocolate Chunk Cookies (not pictured)

*Good old fashioned chocolate chip cookies, but with chunks of chocolate so that when they bake, the chocolate puddles and each bite has a different amount of chocolate. You can certainly use chips, but I think it's fun to chop the chocolate and see all the different shapes when you slice the cookies.*

### Master Cookie Mix + These Additional Ingredients:

\*2 T. maple syrup\*\*

\*1/2 cup chopped dark chocolate

\*Optional: Flaky sea salt for garnish

### Directions:

1. In a medium bowl, whisk together the almond flour, arrowroot, baking soda, and sea salt. Add the coconut oil, maple syrup and vanilla extract. Stir until completely combined. Mix in dark chocolate.
2. Divide the dough in half. Place each dough half onto 2 separate sheets of parchment paper to roll into 2 thin logs measuring 8" long x 1" round using your hands to form the logs as you roll.
3. Label and wrap with plastic wrap or place in a container or plastic bag before placing in the freezer to store.
4. When ready to bake, preheat the oven to 350F.
5. Unwrap the dough and cut into 1/2" thick slices. Place on a cookie sheet lined with parchment or a silicone baking mat. Bake for 6 minutes or until golden brown. Optional: Sprinkle each cookie with a pinch of sea salt upon removal of oven.
6. Remove to a wire rack to cool.

\*\*this amount of syrup is in addition to the syrup listed in the Master Cookie Mix to total 4 T. Maple Syrup for the Chocolate Chunk Recipe



# Master Cookie Mix & Variations Cheat Sheet

## Ingredients:

- \*2 cups almond flour
- \*2 T. arrowroot flour
- \*1/4 tsp. baking soda
- \*1/4 tsp. sea salt
- \*5 T. melted coconut oil
- \*2 T. maple syrup
- \*1 tsp. vanilla extract

## Directions:

1. In a medium bowl, whisk together the almond flour, arrowroot, baking soda, and sea salt. Add the coconut oil, maple syrup and vanilla extract. Stir until completely combined.
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6. Remove to a wire rack to cool.

## Cranberry Orange Cookies

- \*1/4 tsp. ground ginger
- \*Zest of 1 orange
- \*1/4 cup chopped dried cranberries
- \*1/4 cup white chocolate chips

## Lemon Poppyseed Cookies

- \*\*Do Not Use Vanilla Extract\*\*
- \*1 T. poppyseeds
- \*Zest of 1 lemon
- \*1 tsp. organic lemon extract (replaces vanilla extract)

## Pecan Sandies

- \*1/2 cup chopped toasted pecans
- \*Optional: 1/2 cup dark chocolate, melted for dipping

## Raspberry Sandwich Cookies

- \*2 T. Raspberry Jam

## Bonus: Chocolate Chunk Cookies

- \*2 T. maple syrup\*\*
- \*1/2 cup chopped dark chocolate
- \*Optional: Flaky sea salt for garnish