



**YOUR ETERNAL HEALTH**  
*Keto* & **ALKALINE DIET**

Sugar-Free Cookie Recipes  
(Low-Carb)

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Laura Rimmer

<http://www.YourEternalHealth.com>

Hi,

Welcome to **Sugar-Free Cookie Recipes (Low Carb)**! On the next pages, you'll find 21 delicious, quick and easy whole-food, nutritious cookies, along with an itemized grocery list for all of the recipes.

### Grocery List Tips

I have included a full grocery list that outlines the ingredients for every recipe. Before you head out to do your shopping, take some time to go through the list and check off any items you already have and decide which recipes you'd like to try first. This will save you time and money!

### Dark Organic Chocolate - Sugar Free?

Where a recipe calls for organic dark chocolate, you should select a 70%+ cocoa variety and if possible source one without refined sugar. I buy mine online and it contains coconut nectar instead of sugar, which is much lower GI and contains good nutrients. If you're unable to find sugar-free chocolate, use 100% chocolate drops and melt with some stevia, honey or coconut sugar. If all else fails, a small amount of 70% cocoa chocolate with sugar still means that your recipe will be exceedingly low-sugar, so don't fret!

### Shopping Tips

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time. I find it more cost-effective to buy dry goods in bulk online.

### Recipe Tips

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

### Macronutrients and Nutritional Profile

You'll conveniently see all of the macronutrients (carbs, fat, protein), along with calories and alkaline minerals (Potassium, Magnesium, Calcium, Sodium) listed for each recipe.

### Weight Loss

These recipes are a great addition to a weight loss plan and can help curb cravings, fill you up for longer and balance your blood sugar, mood and energy - as long as you eat healthily for the rest of the day too!

## Medical Disclaimer

The information provided in this recipe book is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of our services shall be used to diagnose or treat any health problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.

## Dirty Dozen™ List of Heavily Pesticide-Sprayed Non-Organic Foods (not ok to eat non-organic):

- Strawberries
- Spinach
- Kale
- Nectarines
- Apples
- Grapes
- Peaches
- Cherries
- Pears
- Tomatoes
- Celery
- Potatoes

## Clean Fifteen™ List of Low Pesticide-Sprayed Non-Organic Foods (ok to eat non-organic):

- Avocados
- Sweet Corn
- Pineapples
- Frozen Peas
- Onions
- Papaya
- Eggplant
- Asparagus
- Kiwi
- Cabbage
- Cauliflower
- Cantaloupe
- Broccoli
- Mushrooms
- Honeydew Melon

I hope you enjoy these recipes and that they will encourage you to keep eating plenty of low-carb and alkaline mineral-rich foods to achieve your number 1 health goal!

Delicious and healthy sweet treats...I guess it's just the way the cookie crumbles! ;-)

Blessings,  
Laura

### P.S Keto Life...

If you have not joined already, I have a full keto alkaline diet program called **Keto Life** which has 80+ bite-size videos, a full 4-week meal plan, 70 recipes, a guidebook and much more to show you how to start and thrive with a well-formulated keto diet, incorporating alkaline electrolytes to make it easy, enjoyable and to kickstart your healing, energy and weight loss.

There are many testimonials of 40+lbs weight loss, reversal of Type 2 diabetes and elimination of joint pain on the info page here: [www.laurarimmer.com/ketolife1](http://www.laurarimmer.com/ketolife1)

Check it out and feel free to join us for more in-depth coaching and resources to help you thrive with the doubly-powerful alkaline diet combined with keto, to become your most healthy self!

### About Laura Rimmer

Laura Rimmer is a Nutritionist & Master Certified Keto Coach & author of the Hay House published book *'The Alkaline 5 Diet'* and also *'The 21-Day Alkaline Diet plan'*. She is also creator of the acclaimed **'Alkaline, Slim & Energised'** and **'Keto Life'** coaching programs.

She has been coaching and helping many thousands of people all over the world to better health and lasting weight loss since 2008.

See Laura's websites for more help, articles, resources, coaching, recipes, courses & meal plans.

Go to >>

[www.YourEternalHealth.com](http://www.YourEternalHealth.com)

[www.LauraRimmer.com](http://www.LauraRimmer.com)

[www.KetoLifetime.com](http://www.KetoLifetime.com)

[www.AlkalineDietHealth.com](http://www.AlkalineDietHealth.com)

## Fruits

- 1 Apple
- 18 Banana
- 1/2 cup Blueberries
- 1 cup Strawberries

## Breakfast

- 1 1/2 cups All Natural Peanut Butter
- 3 cups Almond Butter
- 1 2/3 cups Maple Syrup
- 4 servings Strawberry Chia Jam

## Seeds, Nuts & Spices

- 1/4 cup Cinnamon
- 3/4 cup Ground Flax Seed
- 2 tsps Ground Ginger
- 2 tbsps Hemp Seeds
- 1 1/4 tsps Nutmeg
- 3/4 cup Pumpkin Seeds
- 2 1/4 tsps Sea Salt
- 1 cup Sunflower Seeds
- 1/4 cup Walnuts

## Vegetables

- 2 Carrot
- 1 Zucchini

## Boxed & Canned

- 2 cups Black Beans
- 2 cups Chickpeas
- 2 cups White Navy Beans

## Baking

- 1 cup All Purpose Gluten Free Flour
- 5 3/4 cups Almond Flour
- 3 2/3 tbsps Baking Powder
- 1 tsp Baking Soda
- 1/4 cup Cacao Powder
- 1/2 cup Coconut Flour
- 1 cup Coconut Sugar
- 1/4 cup Dried Unsweetened Cranberries
- 1/3 cup Fancy Molasses
- 3/4 cup Golden Erythritol )
- 1 1/4 cups Oat Flour
- 20 1/2 cups Oats
- 2 3/4 cups Organic Dark Chocolate Chips
- 2 cups Organic Raisins
- 1 1/2 cups Pitted Dates
- 3/4 cup Pureed Pumpkin
- 3/4 cup Raw Honey
- 1/4 cup Tapioca Flour
- 1/2 cup Unsweetened Applesauce
- 1/3 cup Unsweetened Coconut Flakes
- 2 3/4 cups Unsweetened Shredded Coconut
- 2 tbsps Vanilla Extract

## Condiments & Oils

- 2 1/3 cups Coconut Oil
- 2 1/2 cups Sunflower Seed Butter
- 1/4 cup Tahini

## Cold

- 17 Egg
- 3/4 cup Egg Whites
- 1/4 cup Unsweetened Almond Milk

## Other

- 1 3/4 cups Vanilla Protein Powder



## Breakfast Oatmeal Cookies

8 servings

20 minutes

### Ingredients

- 2 cups Oats (rolled)
- 3 Banana (mashed)
- 1/2 cup All Natural Peanut Butter
- 1/8 tsp Sea Salt
- 1/4 cup Organic Dark Chocolate Chips

### Nutrition

Amount per serving	
Calories	258
Fat	12g
Carbs	31g
Fiber	4g
Sugar	11g
Protein	7g
Sodium	41mg
Potassium	322mg
Calcium	21mg
Magnesium	67mg

### Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a large mixing bowl, add the oats, mashed banana, peanut butter, and sea salt and mix well. Fold in the chocolate chips and mix again until well combined.
- 3 Using wet hands, roll the dough into even balls and flatten slightly with your hands. Place on the baking sheet and bake for 10 to 12 minutes.
- 4 Remove cookies and let cool on the baking sheet for at least 10 minutes. Enjoy!

### Notes

**No Peanut Butter,** Use almond, cashew, or sunflower seed butter instead.

**Gluten-Free,** Use certified gluten-free oats.

**Sugar-Free,** Use sugar-free chocolate chips or dried cranberries.

**Leftovers,** Store leftovers in an airtight container in the fridge for 4 to 5 days or freeze them.

**Serving Size,** One serving is equal to one cookie.



## Coconut Macaroons

24 servings

30 minutes

### Ingredients

2 1/2 cups Unsweetened Shredded Coconut

4 Egg (medium, whites only)

2 tbsps Maple Syrup

### Nutrition

Amount per serving	
Calories	72
Fat	6g
Carbs	3g
Fiber	1g
Sugar	2g
Protein	2g
Sodium	15mg
Potassium	15mg
Calcium	6mg
Magnesium	1mg

### Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a bowl, mix together the shredded coconut, egg whites and maple syrup until well combined.
- 3 Pack the coconut mixture into a tablespoon and transfer to the baking sheet. Tap gently until the mound slides off. Repeat until all the coconut mixture is used up.
- 4 Bake for 20 minutes or until golden brown. Let cool slightly before serving. Enjoy!

### Notes

**Likes it Sweet,** Use sweetened shredded coconut instead of unsweetened.

**Serving Size,** One serving is equal to one macaroon.

**Storage,** Store in an airtight container in a cool, dry place up to 5 days. Freeze for up to 3 months.



## Sunbutter Oat Cookies

8 servings  
15 minutes

### Ingredients

1 cup Sunflower Seed Butter  
1 Egg  
1/4 cup Coconut Sugar  
3/4 cup Oats (large flake)

### Nutrition

Amount per serving	
Calories	251
Fat	19g
Carbs	17g
Fiber	3g
Sugar	8g
Protein	7g
Sodium	9mg
Potassium	220mg
Calcium	27mg
Magnesium	111mg

### Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a bowl, mix the sunflower seed butter and egg together. Then add sugar and oats until thoroughly combined.
- 3 For each cookie, scoop one tablespoonful of the dough onto the baking sheet and flatten gently with a fork. Bake for 10 minutes. Let cool slightly before serving.

### Notes

**No Sunflower Seed Butter,** Use tahini, peanut butter, almond butter or any alternative nut or seed butter instead.

**No Coconut Sugar,** Substitute 1:1 with brown sugar, date sugar, white sugar or stevia instead.

**Storage,** Refrigerate in an airtight container up to five days, or in the freezer for up to three months.

**Serving Size,** One serving is equal to approximately two cookies.





## Banana Oat Chocolate Chip Cookies

12 servings  
25 minutes

### Ingredients

3 Banana (large, ripe, mashed)  
1/2 cup Sunflower Seed Butter  
1/4 cup Coconut Oil  
1 tsp Vanilla Extract  
2 cups Oats (large flake)  
1/3 cup Unsweetened Shredded Coconut  
1 tsp Baking Powder  
1/4 tsp Cinnamon  
1/4 tsp Sea Salt  
1/2 cup Organic Dark Chocolate Chips

### Nutrition

Amount per serving	
Calories	260
Fat	16g
Carbs	24g
Fiber	3g
Sugar	10g
Protein	5g
Sodium	92mg
Potassium	216mg
Calcium	38mg
Magnesium	60mg

### Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a large mixing bowl, combine the mashed bananas, sunflower seed butter, coconut oil and vanilla. Mix well, then add the oats, shredded coconut, baking powder, cinnamon, sea salt and chocolate chips. Mix again until all ingredients are evenly distributed.
- 3 Drop spoonfuls of the dough onto the baking sheet and flatten them gently with a fork. Bake for 15 to 17 minutes.
- 4 Remove the cookies from the oven and let them cool on the baking sheet. Enjoy!

### Notes

**Serving Size,** One serving is equal to one large cookie.

**No Chocolate Chips,** Use raisins, dried cranberries, chopped figs or cacao nibs instead.

**No Sunflower Seed Butter,** Use tahini, peanut butter or almond butter instead.

**Leftovers,** Store in an airtight container in the fridge up to five days, or in the freezer for up to three months.



## Apple Spice Oatmeal Cookies

12 servings

30 minutes

### Ingredients

- 1 cup All Purpose Gluten-Free Flour
- 1 1/2 cups Oats (rolled)
- 2 tsp Baking Powder
- 1 tbsp Cinnamon
- 1/4 tsp Sea Salt
- 1/4 cup Walnuts (chopped)
- 2 tbsps Ground Flax Seed
- 1 Egg
- 1/2 cup Coconut Sugar
- 1/2 cup Coconut Oil (melted)
- 1 Apple (finely chopped)

### Nutrition

Amount per serving	
Calories	223
Fat	12g
Carbs	27g
Fiber	4g
Sugar	8g
Protein	3g
Sodium	137mg
Potassium	72mg
Calcium	64mg
Magnesium	20mg

### Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, combine the flour, oats, baking powder, cinnamon, sea salt, and walnuts. Mix well.
- 3 In a separate bowl, combine the ground flax, egg, coconut sugar, melted coconut oil, and diced apple.
- 4 Add the wet mixture to the dry and mix well to form a dough.
- 5 Use a 1/4 cup to scoop balls of the dough onto the baking sheet and press down lightly. Bake for 15 minutes. Let cool and enjoy!

### Notes

**Apple Size,** For this recipe, one apple is equal to approximately one cup of finely diced apple.

**Leftovers,** Store in an airtight container in the fridge for up to 7 days or in the freezer for longer.

**Nut-Free,** Use pumpkin or sunflower seeds instead of walnuts.

**Serving Size,** One serving is equal to one cookie.



## Blueberry Zucchini Breakfast Cookies

8 servings

45 minutes

### Ingredients

- 1 Banana
- 1 Egg (large, room temperature)
- 1/4 cup Coconut Oil (melted)
- 1 tbsp Maple Syrup
- 1 Zucchini (small, shredded)
- 3/4 cup Oat Flour
- 1 cup Oats (quick or traditional)
- 1 tsp Baking Powder
- 2 tbsps Hemp Seeds
- 1 tbsp Ground Flax Seed
- 1/2 cup Blueberries (fresh or frozen)

### Nutrition

Amount per serving	
Calories	201
Fat	10g
Carbs	22g
Fiber	3g
Sugar	5g
Protein	6g
Sodium	73mg
Potassium	205mg
Calcium	59mg
Magnesium	42mg

### Directions

- 1 Preheat the oven to 350°F (177°C). Line a baking sheet with parchment paper.
- 2 In a bowl, mash the banana using the back of a fork. Then whisk in the egg, coconut oil, maple syrup and zucchini.
- 3 In a separate bowl, mix together the oat flour, oats, baking powder, hemp seeds and flax. Add to the wet mixture until thoroughly combined. Gently fold in the blueberries.
- 4 Scoop the batter onto the baking sheet, making cookies of about 4 to 5 inches wide. Bake for 35 to 40 minutes or until golden brown. Enjoy!

### Notes

**Serving Size,** One serving is equal to one cookie.

**Storage,** Refrigerate in an airtight container up to 3 to 5 days. Enjoy cold, reheat in the microwave or bake in the oven if you prefer it a bit crispier.

**Muffin Lover,** Bake in a muffin tin for about the same time, or a mini-muffin tray for about 20 to 25 minutes.

**No Zucchini,** Use grated carrot instead.

**No Coconut Oil,** Use butter instead.

**No Oat Flour,** Use spelt flour or all-purpose flour (gluten-free optional) instead.



## Sun Butter Oatmeal Cookie Granola

12 servings

45 minutes

### Ingredients

2 cups Oats (rolled)  
1/2 cup Oat Flour  
1/2 cup Sunflower Seeds  
1/2 cup Organic Raisins  
1 tsp Cinnamon  
1/2 cup Sunflower Seed Butter  
1/4 cup Maple Syrup  
2 tbsps Coconut Oil (melted)

### Nutrition

Amount per serving	
Calories	227
Fat	12g
Carbs	26g
Fiber	3g
Sugar	10g
Protein	6g
Sodium	3mg
Potassium	222mg
Calcium	33mg
Magnesium	63mg

### Directions

- 1 Preheat oven to 325°F (163°C) and line a baking sheet with parchment paper.
- 2 In a mixing bowl, stir together all ingredients until well combined. Transfer to the baking sheet and use your hands to press down into a formed even layer. Bake for 15 minutes.
- 3 Remove from oven and use a spatula to flip over sections of the granola, gently breaking up the granola into chunks. Return to oven and bake for 10 more minutes at 300F.
- 4 Turn off the oven completely and leave the granola for another 20 minutes, or until crisp.

### Notes

**Storage,** Refrigerate in an airtight container up to one week or less. Freeze if longer.  
**Serve it With,** Oatmeal, yogurt, milk, our Slow Cooker Applesauce, or Slow Cooker Baked Apples recipe.

**Optional Add-Ins,** Chocolate chips, nuts, coconut flakes or pumpkin seeds.



## Cinnamon Raisin Protein Cookies

8 servings

30 minutes

### Ingredients

- 3 Banana (ripe)
- 3/4 cup Egg Whites
- 1/4 cup Tahini
- 1 cup Vanilla Protein Powder (plant-based)
- 1 cup Oats (rolled or quick)
- 1 tsp Cinnamon
- 1/2 cup Organic Raisins
- 1/2 cup Ground Flax Seed

### Nutrition

Amount per serving	
Calories	243
Fat	7g
Carbs	30g
Fiber	5g
Sugar	12g
Protein	17g
Sodium	69mg
Potassium	402mg
Calcium	118mg
Magnesium	63mg

### Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Mash the bananas in the bottom of a mixing bowl. Add in the egg whites and tahini, and mix everything well.
- 3 Add in the remaining ingredients and mix well again.
- 4 Scoop the batter onto the baking sheet to form cookies. Use the lid of a wide-mouth mason jar as a mould.
- 5 Bake the cookies in the oven for 18 to 22 minutes, or until bottoms are golden brown.
- 6 Remove from oven, let cool completely on the baking sheet and enjoy!

### Notes

**Protein Powder,** This recipe was developed and tested using a plant-based protein powder. Results may vary if using a different type of protein powder.

**Leftovers,** Store in the fridge up to 4 days, or in the freezer for up to 6 months.

**No Tahini,** Use sunflower seed butter, almond butter or peanut butter instead.

**No Raisins,** Use dried cranberries, chocolate chips or cacao nibs instead.



## Chocolate Chip Cookie Pie

12 servings

45 minutes

### Ingredients

- 1 tbsp Coconut Oil
- 2 cups White Navy Beans (cooked, from the can)
- 1 cup Oats (quick or rolled)
- 1/2 cup Unsweetened Applesauce
- 2 tsp Vanilla Extract
- 1/2 tsp Baking Soda
- 1 1/2 tsp Baking Powder
- 1/2 cup Pitted Dates
- 1 cup Organic Dark Chocolate Chips (divided)
- 1/2 tsp Sea Salt (coarse, optional)

### Nutrition

Amount per serving	
Calories	222
Fat	8g
Carbs	29g
Fiber	4g
Sugar	14g
Protein	5g
Sodium	213mg
Potassium	191mg
Calcium	61mg
Magnesium	29mg

### Directions

- 1 Preheat oven at 350°F (177°C) and grease your pie pan or springform pan with coconut oil (use a 10-inch pan for 12 servings).
- 2 Combine beans, oats, applesauce, vanilla, baking soda, baking powder and dates in a food processor until well blended. Stir in 3/4 of the chocolate chips.
- 3 Transfer the cookie batter to your pan and spread into an even layer. Sprinkle the remaining chocolate chips on top, and bake for 35 minutes or until golden brown.
- 4 Remove from oven. Sprinkle with salt (optional) and let cool before serving. Enjoy!

### Notes

No White Beans, Use chickpeas instead.

Storage, Refrigerate up to 5 days or freeze in individual servings.



## Low Carb Almond Butter Cookies

20 servings

30 minutes

### Ingredients

- 1 1/2 cups Almond Butter
- 2 Egg
- 3/4 cup Golden Erythritol )
- 1/4 tsp Sea Salt (optional)

### Nutrition

Amount per serving	
Calories	122
Fat	11g
Carbs	4g
Fiber	2g
Sugar	1g
Protein	5g
Sodium	38mg
Potassium	147mg
Calcium	68mg
Magnesium	53mg

### Directions

- 1 Preheat the oven to 325°F (162°C) and line a baking sheet with parchment paper.
- 2 In a large mixing bowl combine almond butter, eggs, erythritol and sea salt (optional). Stir until a thick dough forms.
- 3 Use a tablespoon to drop even amounts of the dough onto the prepared baking sheet about 2 inches apart. Gently flatten the drops with a fork.
- 4 Bake for 10 to 12 minutes, or until golden on the bottom. Remove from the oven and let the cookies cool for 5 minutes. Transfer the cookies to a cooling rack to set completely. Enjoy!
- 5 KETO & LOW CARB COACHING CLUB... Get more delicious recipes like this and a brand new keto/low carb meal plan each month by joining Laura Rimmer's Keto & Low Carb Coaching Club for just \$7 for the first 30 days. Go to >> [www.ketolifetime.com/klcc](http://www.ketolifetime.com/klcc)

### Notes

**Serving Size,** One serving is equal to one cookie.

**Storage,** Store the cookies in an airtight container on the counter for 5 days. Cookies can also be frozen up to 3 months.

**No Cane Sugar,** Use coconut sugar, brown sugar or white sugar instead.



## Gingerbread Protein Cookies

12 servings

20 minutes

### Ingredients

- 1 1/4 cups Almond Flour
- 1/2 cup Vanilla Protein Powder
- 3 tbsps Coconut Sugar
- 1 tsp Baking Powder
- 1 tsp Cinnamon
- 1/4 tsp Nutmeg
- 2 tbsps Fancy Molasses
- 1 tbsp Maple Syrup
- 1 Egg
- 1/4 cup Tapioca Flour (or any type of flour, for dusting)

### Nutrition

Amount per serving	
Calories	118
Fat	6g
Carbs	11g
Fiber	2g
Sugar	6g
Protein	6g
Sodium	54mg
Potassium	82mg
Calcium	80mg
Magnesium	51mg

### Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Combine almond flour, protein powder, coconut sugar, baking powder, cinnamon and nutmeg in a bowl. In a separate bowl, whisk together the molasses, syrup and egg.
- 3 Add wet ingredients to the dry ingredients and mix until a dough forms.
- 4 Generously dust a flat surface, a rolling pin and cookie cutter with tapioca flour. Roll out the dough and cut out shapes.
- 5 Bake for 8 to 10 min. Let cool completely before serving. Enjoy!

### Notes

**No Cookie Cutter**, Use the rim of a mason jar to cut out circles. Or roll into balls and press down flat with the palm of your hand.

**Protein Powder**, This recipe was developed and tested using a whey-based protein powder. If using a different type of protein, results may vary.





## Edible Chocolate Chip Cookie Dough

4 servings  
15 minutes

### Ingredients

2 cups Chickpeas (cooked)  
1/2 cup Sunflower Seed Butter  
1/4 cup Maple Syrup  
1 tsp Vanilla Extract  
1/2 cup Organic Dark Chocolate Chips

### Nutrition

Amount per serving	
Calories	568
Fat	30g
Carbs	59g
Fiber	8g
Sugar	34g
Protein	15g
Sodium	8mg
Potassium	466mg
Calcium	80mg
Magnesium	144mg

### Directions

- 1 Place chickpeas, sunflower seed butter, maple syrup, and vanilla extract in a food processor. Process until smooth.
- 2 Transfer cookie dough to a bowl and stir in chocolate chips. Divide into bowls, or roll into balls. Enjoy!

### Notes

**No Sunflower Seed Butter,** Use peanut butter, almond butter or cashew butter.  
**Leftovers,** Store in an air-tight container up to 4 days in the fridge.



## Chocolate Chip Cookies

12 servings

20 minutes

### Ingredients

- 1 1/2 cups Almond Flour
- 1 1/2 tsps Baking Powder
- 3 tsbs Coconut Oil (melted)
- 3 tsbs Maple Syrup
- 1 tsp Vanilla Extract
- 2 tsbs Unsweetened Almond Milk
- 1/3 cup Organic Dark Chocolate Chips

### Nutrition

Amount per serving	
Calories	165
Fat	13g
Carbs	10g
Fiber	2g
Sugar	7g
Protein	3g
Sodium	63mg
Potassium	12mg
Calcium	73mg
Magnesium	41mg

### Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Combine the almond flour and baking powder together in a mixing bowl. Mix well. Then add in the remaining ingredients and mix again.
- 3 Plop the dough onto the baking sheet using a heaping tablespoon. Use the palm of your hand to gently form and flatten the cookies.
- 4 Place in the oven and bake for about 15 minutes for soft cookies, or 15 to 20 minutes for crunchy cookies.
- 5 Remove from oven and let cool. Enjoy!

### Notes

**No Chocolate Chips,** Use chopped dark organic chocolate or cacao nibs instead.

**No Maple Syrup,** Use honey instead.

**Leftovers,** Store at room temperature for 2 to 3 days, or freeze in an air-tight container.

**Serving Size,** A 12-serving recipe yields 12 small cookies, 9 medium cookies or 6 large cookies.



## Chewy Gingerbread Cookies

12 servings

20 minutes

### Ingredients

- 1 cup Almond Flour
- 1/4 cup Coconut Flour
- 1 1/2 tsps Baking Powder
- 2 tsps Ground Ginger
- 1 tsp Cinnamon
- 3 tbsps Coconut Oil (melted)
- 1 Egg (room temp)
- 1 tsp Vanilla Extract
- 1/4 cup Fancy Molasses
- 1/4 cup Maple Syrup

### Nutrition

Amount per serving	
Calories	140
Fat	9g
Carbs	14g
Fiber	2g
Sugar	10g
Protein	3g
Sodium	75mg
Potassium	128mg
Calcium	80mg
Magnesium	47mg

### Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a mixing bowl, combine the almond flour, coconut flour, baking powder, ginger and cinnamon. Mix well using a fork to break up any clumps. Add in the coconut oil, egg, vanilla, molasses and maple syrup. Mix again.
- 3 Roll the dough into even balls and place on the baking sheet. Gently flatten with the palm of your hand. Bake in the oven for 12 to 15 minutes. Remove from oven and let cool completely. Enjoy!

### Notes

**Coconut Flour**, This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.



## Pumpkin Breakfast Cookies

8 servings  
45 minutes

### Ingredients

- 1 1/4 cups Oats (quick or rolled)
- 1 1/2 tsps Ground Flax Seed
- 2 tsps Cinnamon
- 1 tsp Nutmeg
- 1/4 tsp Sea Salt
- 1 1/2 tsps Baking Powder
- 1/2 cup Pumpkin Seeds
- 1/2 cup Sunflower Seeds
- 1 cup Pitted Dates (chopped)
- 1 Egg
- 3/4 cup Pureed Pumpkin
- 1/4 cup Raw Honey
- 1 tbsp Coconut Oil (melted)
- 1 Carrot (grated)

### Nutrition

Amount per serving	
Calories	255
Fat	11g
Carbs	38g
Fiber	6g
Sugar	21g
Protein	7g
Sodium	183mg
Potassium	319mg
Calcium	95mg
Magnesium	44mg

### Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Combine oats, flax seed, cinnamon, nutmeg, sea salt, baking powder, pumpkin seeds, sunflower seeds and chopped dates together in a bowl. Mix well to combine.
- 3 Whisk egg in a separate mixing bowl. Add pumpkin, honey, coconut oil and grated carrot. Mix well to combine.
- 4 Add dry ingredients in with the wet and mix well until a dough-like consistency forms.
- 5 Form cookies with the dough and transfer to the baking sheet. (Tip: Use a lid from a large-mouth mason jar as a mould.)
- 6 Place in the oven and bake for 30 to 40 minutes depending on how crispy you like your cookies. Remove from oven and let cool. Enjoy!

### Notes

- Make it Sweeter**, Add in a handful of dark organic chocolate chips.  
**Vegan**, Use maple syrup instead of honey and a chia egg instead of an egg.  
**Storage**, Store in the freezer in a zip-loc bag up to 1 month.



## Peanut Butter & Jam Cookies

16 servings

30 minutes

### Ingredients

- 2 cups Oats
- 3 Banana (ripe and mashed)
- 1/2 cup All Natural Peanut Butter
- 1 tbsp Coconut Oil (melted)
- 1 tbsp Raw Honey
- 4 servings Strawberry Chia Jam

### Nutrition

Amount per serving	
Calories	126
Fat	6g
Carbs	16g
Fiber	3g
Sugar	6g
Protein	4g
Sodium	2mg
Potassium	181mg
Calcium	16mg
Magnesium	37mg

### Directions

- 1 If you haven't already, prepare your Strawberry Chia Jam according to our recipe and let cool.
- 2 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 3 Throw your oats in a blender or food processor and grind into a powder.
- 4 Combine oat powder, mashed bananas, peanut butter, coconut oil and honey together in a bowl. Mix well to combine. Measure out even amounts of dough, form them into round balls and place on your baking sheet. Use your thumb to press down in the centre of each ball to form a divot for the jam. Fill each divot with a small spoonful strawberry chia jam. (Tip: The dough will be sticky so wet your thumb with water before making the divots to prevent sticking.)
- 5 Bake in the oven for 15 to 20 minutes, depending on your oven and how crunchy you like them. Remove, let cool and enjoy!

### Notes

**Nut-Free**, Use sunflower seed butter instead of peanut butter.

**Vegan**, Use maple syrup instead of honey.

**No Peanut Butter**, Use almond butter instead.



## Double Chocolate Black Bean Cookies

10 servings  
25 minutes

### Ingredients

2 cups Black Beans (cooked, drained and rinsed)  
2 tbsps Unsweetened Almond Milk  
2 tbsps All Natural Peanut Butter  
2 tbsps Coconut Oil (melted)  
1/4 cup Coconut Flour  
1/4 cup Cacao Powder  
1/4 cup Raw Honey  
1/2 tsp Cinnamon  
1/8 tsp Sea Salt  
1/4 cup Organic Dark Chocolate Chips

### Nutrition

Amount per serving	
Calories	176
Fat	8g
Carbs	22g
Fiber	5g
Sugar	10g
Protein	5g
Sodium	39mg
Potassium	197mg
Calcium	22mg
Magnesium	46mg

### Directions

- 1 Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 2 Combine black beans, almond milk, peanut butter and coconut oil together in a food processor. Blend until smooth.
- 3 Add in flour, cacao, honey, cinnamon and sea salt. Process again until creamy. Use a rubber spatula to gently stir in the chocolate chips.
- 4 Measure out even amounts of dough onto the cookie sheet (we used 2 tbsp per cookie) and use your hands to form into cookies. Sprinkle a few chocolate chips on each cookie and press down gently for good measure. Bake in the oven for 15 to 20 minutes.
- 5 Remove from oven. Let cool and enjoy!

### Notes

No Cacao, Use cocoa powder instead.



## Peanut Butter Banana Heart Cookies

12 servings

30 minutes

### Ingredients

2 Banana (mashed)  
1/3 cup All Natural Peanut Butter  
1 Egg  
1 tbsp Coconut Oil (melted)  
3 tbsps Raw Honey  
1 1/2 cups Oats  
1 cup Strawberries (sliced and cut into heart shapes)

### Nutrition

Amount per serving	
Calories	134
Fat	6g
Carbs	18g
Fiber	2g
Sugar	8g
Protein	4g
Sodium	8mg
Potassium	172mg
Calcium	14mg
Magnesium	34mg

### Directions

- 1 Preheat the oven to 350°F (177°C). Line a baking sheet with foil and lightly grease with some coconut oil.
- 2 In a large mixing bowl, combine mashed bananas, peanut butter, egg, coconut oil and honey. Mix well. Then add oats and mix again. (Note: Depending on how much mixing you do, the mixture may get slightly runny. Add extra oats to thicken it up if needed.)
- 3 If you have one, use a heart-shaped cookie cutter to form heart-shaped cookies on the baking sheet. If you don't have a cookie cutter, simply use your hands to roll the dough into balls and then flatten the ball into a cookie in between your palms. Gently press a heart-shaped strawberry slice into the top of every cookie.
- 4 Bake in the oven for 15 to 25 minutes depending on how crunchy you like your cookies. Remove from oven and let cool before lifting. Enjoy!

### Notes

**No Honey,** Use maple syrup.

**Nut Allergy,** Use sunflower seed butter.



## Monster Breakfast Cookies

12 servings

40 minutes

### Ingredients

2 Banana (mashed)  
2 Egg  
1 Carrot (grated)  
1/2 cup Almond Butter  
2 tbsps Coconut Oil  
2 tbsps Maple Syrup  
1 1/2 cups Oats  
1 cup Almond Flour  
1/4 cup Pumpkin Seeds  
2/3 cup Organic Raisins  
1 tsp Cinnamon

### Nutrition

Amount per serving	
Calories	256
Fat	15g
Carbs	26g
Fiber	5g
Sugar	12g
Protein	8g
Sodium	20mg
Potassium	289mg
Calcium	82mg
Magnesium	81mg

### Directions

- 1 Preheat oven to 350°F (177°C).
- 2 In one mixing bowl, combine mashed banana, eggs, grated carrot, almond butter, coconut oil and maple syrup. Mix well.
- 3 In another bowl, mix together oats, almond flour, pumpkin seeds, raisins and cinnamon.
- 4 Combine wet and dry ingredients and mix well. Using clean hands, form dough into large cookies and place on a baking sheet. Bake in oven for 25 to 30 minutes, or until cookies are golden brown.
- 5 Remove and let cool completely before storing in an airtight container or in the freezer. Enjoy!

### Notes

**No Raisins**, Try unsweetened dried cranberries.

**No Pumpkin Seeds**, Use sunflower seeds instead.

**No Eggs**, Make a flax egg by combining 1 tbsp ground flax seed with 3 tbsp water. Stir and let sit for 10 minutes. Use this mixture to replace 1 egg.

**Serving Size**, One serving is equal to one cookie.





## Coconut Oatmeal Raisin Cookies

12 servings

25 minutes

### Ingredients

- 2 cups Oats
- 1 cup Almond Flour
- 1/2 tsp Baking Soda
- 2 tsps Cinnamon
- 1/2 tsp Sea Salt
- 1/3 cup Organic Raisins
- 1/3 cup Unsweetened Coconut Flakes
- 1/3 cup Coconut Oil (melted)
- 1/3 cup Maple Syrup
- 2 Egg (whisked)

### Directions

- 1 Preheat oven to 350°F (177°C).
- 2 In a large mixing bowl, combine oats, almond flour, baking soda, cinnamon, sea salt, raisins and coconut flakes.
- 3 In a separate bowl, combine melted coconut oil, maple syrup and eggs. Whisk and pour into the large bowl with dry ingredients. Mix well.
- 4 Roll cookie dough into balls and gently flatten on a large baking sheet. Bake for 12 to 15 minutes. Enjoy!

### Nutrition

Amount per serving	
Calories	218
Fat	13g
Carbs	21g
Fiber	3g
Sugar	9g
Protein	5g
Sodium	166mg
Potassium	114mg
Calcium	47mg
Magnesium	50mg



## Cranberry Protein Cookies

8 servings  
20 minutes

### Ingredients

1 Banana (mashed)  
1/4 cup Vanilla Protein Powder  
1 cup Oats  
1 cup Almond Butter  
1/2 tsp Cinnamon  
1/4 cup Dried Unsweetened Cranberries

### Nutrition

Amount per serving	
Calories	266
Fat	18g
Carbs	19g
Fiber	5g
Sugar	6g
Protein	10g
Sodium	8mg
Potassium	339mg
Calcium	130mg
Magnesium	111mg

### Directions

- 1 Preheat oven to 350°F (177°C). Mash bananas in a bowl with a fork. Add protein powder and mix well.
- 2 Mix in the oats, almond butter, cinnamon and dried cranberries. Roll into balls and place on a baking sheet lined with parchment paper. Press down gently with a fork to flatten. Bake for 20 minutes or until golden brown. Enjoy!