

The Dessert Angel Presents...

20 HEAVENLY COOKIES



You'll Absolutely Love These
Cookies You Can Eat
Everyday, 100% Guilt-Free



Copyright Notice

Copyright © 2013 by TheDessertAngel.com— All rights reserved.

No part of this work may be reproduced or transmitted in any form or by any means without express written permission of TheDessertAngel.com.

Published by: Helen aka The Dessert Angel
388 Richmond St. W
Toronto, Ontario, Canada
M5V 3P1
E-mail: helen@thedessertangel.com
Web: www.TheDessertAngel.com

Disclaimer And/or Legal Notices

The information presented in this work is by no way intended as medical advice or as a substitute for medical counseling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using the recommendations in the program, you are agreeing to accept full responsibility for your actions.

By continuing with the program you recognize that despite all precautions on the part of TheDessertAngel.com, there are risks of injury or illness which can occur because of your use of the aforementioned information and you expressly assume such risks and waive, relinquish and release any claim which you may have against TheDessertAngel.com, or its affiliates as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of the program.

(Yummy) Contents

Welcome!.....	4	Faux Sugar Cookies	18
Ingredient Substitutions	5-6	Ginger Cookies	19
Symbols	7	Oatmeal Raisin Cookies	20
“Sexy In White” Cookies	8	Snickerdoodles	21
Crazy Choco Chip Cookie Dough	9	Vegan Mint Chocolate Chip Cookies.....	22
Cookie Monster Sandwiches	10	Oh Canada! Cookies	23
Mini Dark Choco-Cran Biscotti.....	11	Chili Chocolate Cookies	24
ChocOrOons!	12	Berry Explosion Cookies	25
Naked Gingerbread Men	13	Can’t Believe It’s Gluten-Free Shortbread	26
Minimal Meringue Cookies	14	ANZAC Biscuits	27
Heavenly PB Cookies.....	15	Conclusion	28
Chocolate Chip Cookies	16	Thank You!	29
Cinnamon Roll Cookies	17		

Welcome!

Thanks for grabbing this short “cook booklet” that has 20 delicious cookie recipes that are also GOOD FOR YOU!

Try to contain your excitement. :)

One thing to note is that while these cookies are all delicious, they will not taste exactly the same as cookies made with white flour, white sugar or loaded with trans fats.

So before you jump in and make your first treat, I invite you to read this article I wrote that will get you started on the right foot on this healthy dessert journey: <http://thedessertangel.com/be-a-food-connoisseur/>

If you have any questions or comments about the recipes, email me at helen@thedessertangel.com or better yet, connect with me on The Dessert Angel Facebook Page at <http://www.facebook.com/TheDessertAngel>.

OK – I’m off to the kitchen to whip up some more Heavenly Recipes, enjoy the treats in this book and please take the time to let me know how they turn out for you!

Helen aka “The Dessert Angel”



Ingredient Substitutions

Because people from around the world will be making these recipes, I've received emails saying that some ingredients aren't available. Or some ingredients go by different names than what's found locally. So I've done some digging and put this section together to help you find the right ingredients in your local area.

Sweeteners: Stevia, Honey and Maple Syrup

Stevia comes in many different forms at the store. The one I use most of the time is pure stevia powder, and when I mention stevia in the ingredients, it is pure stevia powder I'm using.

But, you can also buy stevia as a powder blend and as a liquid concentrate (which is sometimes flavoured, like vanilla flavoured, etc.). All of these are "divine" so feel free to choose a form that is easy for you to find at your local store or that you prefer to bake with.

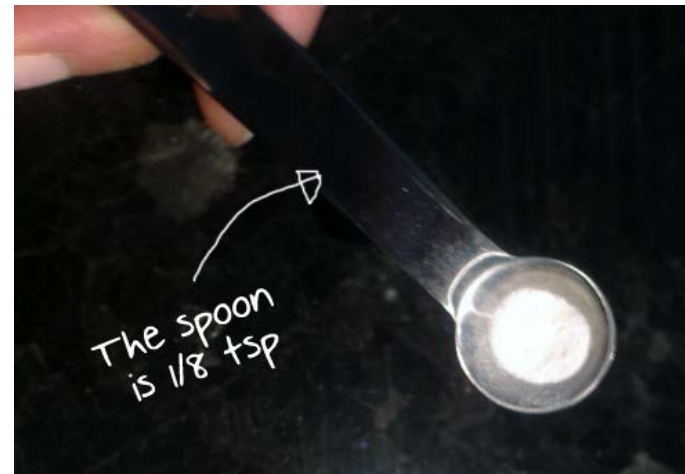
Now, with regards to substituting one stevia form for another...

Pure stevia is very sweet. You will only need a few pinches for each dessert. This is what I refer to as a pinch, as pictured to the right. 5 pinches equals 1/8 tsp.

Here is how I would make the substitutions:

1 pinch pure stevia = 1 tsp stevia blend = 3 drops stevia liquid concentrate = 1 ½ tsp honey = 1 ½ tsp maple syrup

These are APPROXIMATE equivalencies. Stevia is made from many different companies, and therefore, the sweetness and flavour will differ from brand to brand. You may need to try a few brands or forms before you find one that you really like. The one other thing I recommend is using stevia to taste. Yes, that means tasting the batter of whatever you're making to see if you need a little more stevia! I've found this to be the most reliable method.





Milk and Milk Substitutes

All of the following are “divine” and can be used interchangeably (i.e. 1 cup almond milk = 1 cup coconut milk = 1 cup organic soymilk). My personal favourite is coconut milk.

- Almond milk
- Coconut milk
- Rice milk
- Organic soymilk

However, I wouldn’t use too much soy milk, regardless of organic or not, because of problems with nutrient absorption. See the Nutrition Guide for more info about soy. But a carton once a month is OK and it is nice creamy.

Cow’s milk can also be used interchangeably, but I do not recommend this very often either unless you don’t have anything else on hand.

Often times people are intolerant to the lactose and/or the casein protein in cow’s milk and don’t even know it. Better to be safe than sorry (and/or gassy and bloaty).

The Dessert Angel Symbols

Each recipe has the following symbols to give you a quick way to see the nutrition information. Remember Delicious Dieting Tip #4: Rotate Through the Desserts. The symbols will allow you to quickly find a recipe with or without certain ingredients or nutrition content for your next treat!



Gluten is a protein in wheat, barley, rye, spelt, oats and other grain products that many people have trouble digesting. Most people have no problem with the type of gluten in oats. Oats and spelt flour are the only forms of gluten you'll find in my recipes. But most of the desserts you'll find are gluten-free – just look for the symbol to be sure.



LOW CARB

Vegan recipes contain NO: dairy, eggs or honey. They are 100% animal (and insect) free. So for all of you who are vegans or like to enjoy vegan recipes once in a while, you'll find a bunch to satisfy your cravings without sabotaging your diet.



Low Carb recipes have 12 grams or less of NET carbs.

NET carbs = Total Carbs – Carbs from Fiber. You do not digest fiber, so it has no impact on calories or blood sugar, which is why it's such a good idea to eat lots of fiber – it helps fill you up, clean you out and doesn't add any calories to your diet.

Nut Free recipes are just that – free of nuts like almonds, peanuts, nut butters, etc. However, we do not consider COCONUT a traditional nut, so nut free recipes may have coconut. If you're allergic to coconuts, please be aware of this, but most people don't have a problem with them.





I love these cookies so much I made several batches of them and had them as part of a cookie buffet at my wedding!

NUTRITION INFO (per serving)	
Calories	140
Protein	3.6
Carbs	11.4
Fiber	2.5
Sugar	0
Fat	9.8



"Sexy in White" Cookies

Servings: 12 cookies (2 cookies per serving)

Ingredients

- 1 cup rolled oats
- 3 pinches stevia (or more if you like sweeter)
- 1/4 cup cocoa powder
- 2 pinches sea salt
- 1 ½ tsp pure vanilla extract
- 1/4 cup olive oil
- 2 egg whites
- Optional: 2 tbsp chocolate chips

Directions

1. Preheat oven to 350F
2. Combine rolled oats, stevia, cocoa powder, salt in a mixing bowl
3. In a separate bowl, whisk together vanilla extract, olive oil, and egg whites
4. Pour wet ingredients into dry ingredients and mix together with a fork until cocoa powder is dissolved and ingredients are well combined; stir in chocolate chips if desired
5. Line baking sheet with parchment paper and drop balls of batter onto sheet
6. Press down onto cookies slightly with a fork to make cookies about 1/2 inch thick
7. Bake for 10-12 minutes, or until cookies are firm but not hard – they will harden a little more when cooling

Tasty Tip: This recipe works well with protein powder added as well. Chocolate chips and/or peanut butter would also be a great addition.

Crazy Choco Chip Cookie Dough

Servings: 8

Ingredients

- 1 ½ cups chickpeas (I used one 14 oz can of chickpeas, drained)
- 1/8 tsp sea salt
- 1/8 tsp baking soda
- 1 tbsp pure vanilla extract
- 3 tbsp peanut butter
- 1 ¼ cup pitted dates
- 1/3 cup dark chocolate chips
- 1/2 cup water

Directions

1. Combine dates and water in a bowl and let sit overnight
2. Add all ingredients (including dates and date water), except chocolate chips to a blender and puree until very smooth
3. Add in chocolate chips and mix with a spoon

Tasty Variation: Substitute the peanut butter with 3 tbsp coconut oil (liquefied) for a non-peanut butter cookie dough



Raw and delicious! Dip your cookies and other treats into this yummy dough or eat it with a spoon!

NUTRITION INFO	
(per serving)	
Calories	278
Protein	9.8
Carbs	48.3
Fiber	9.1
Sugar	25.1
Fat	6.7





These cookie sandwiches take a bit of work, but they're really delicious and always get smiles when people see them.

NUTRITION INFO

(per serving)

Calories	263
Protein	9
Carbs	20.3
Fiber	1.6
Sugar	9.0
Fat	16.9



Cookie Monster Sandwiches

Servings: 5 sandwiches (1 cookie sandwich per serving)

Ingredients

- 1 cup rolled oats
- 3 pinches stevia
- Pinch of sea salt
- 1 ½ tsp pure vanilla extract
- 1/4 cup olive oil
- 2 egg whites
- 2 tbsp dark chocolate chips
- 1 cup Homemade Cream Cheese (see recipe on next page)

Directions

1. Preheat oven to 350F
2. In a blender, grind oats until it is smaller pieces, but not super fine
3. Combine ground oats, stevia, salt in a mixing bowl
4. In a separate bowl, whisk together vanilla extract, olive oil, and egg whites
5. Pour wet ingredients into dry ingredients and mix together with a fork until ingredients are combined
6. Line baking sheet with parchment paper and drop balls of batter onto sheet
7. Press down onto cookies slightly with a fork to make cookies about ½ inch thick
8. Bake at 350F for 15-18 minutes until lightly browned (they may still be "bubbling", but they will harden a little more out of the oven)
9. Let cookies cool on a wire rack
10. When cooled, put a spoonful of cream cheese in between two cookies to make cookie sandwiches

Mini Dark Choco-Cran Biscotti

Servings: 10 mini biscotti (2 biscotti per serving)

Ingredients

- 3/4 cup spelt flour
- 1/2 tsp pure vanilla extract
- 3 pinches of stevia (or more if you like sweeter)
- Pinch of sea salt
- 1/4 tsp baking soda
- 1 egg
- 1 tbsp butter, melted
- 1-2 tbsp dark chocolate chips
- 1-2 tbsp dried cranberries

Directions

1. Preheat oven to 325F
2. In a large bowl stir together flour, stevia, baking soda, and salt
3. Make a well in the center of flour mixture
4. Add egg and vanilla extract to the well and stir in
5. Add melted butter to mixture and stir until dough starts to form a ball – add a little more spelt flour by the tablespoon if it is too wet and not forming into a ball
6. Turn dough out onto a lightly floured surface and shape into an 8 inch loaf
7. Flatten loaf until it is about 1 ½ inches wide
8. Bake at 325F for 25-30 minutes on a baking sheet lined with parchment paper, switching position of sheet halfway through
9. Cool loaf for 15 minutes on baking sheet
10. Transfer loaf to a cutting board and with a serrated knife, cut the loaf diagonally into 1/2 inch slices
11. Place slices cut sides down on cookie sheets
12. Bake for 10 minutes, then turn over and bake on other side for 10-15 minutes until light brown, crisp, and dry
13. Transfer to a wire rack and let cool completely before serving



A little treat that goes great with an organic, fair-trade, shade grown cup of Joe. :D

NUTRITION INFO	
(per serving)	
Calories	103
Protein	3.7
Carbs	14.3
Fiber	2.3
Sugar	1.0
Fat	3.9





The orange zest adds a refreshing citrus taste: a must try if you like the chocolate and orange combo.

NUTRITION INFO

(per serving)

Calories	165
Protein	3.9
Carbs	20.6
Fiber	2.2
Sugar	15.8
Fat	8.3



ChocoROOons!

Servings: 9-10 macaroons (3 macaroons per serving)

Ingredients

- 3/4 cup unsweetened, shredded coconut
- 2 tbsp honey
- 2 tbsp ground oats (pulverize rolled oats in blender)
- 2 tbsp dark chocolate chips
- 1 ½ egg whites
- 1 tsp pure vanilla extract
- 1/8 tsp sea salt
- 1/2 tsp orange zest

Directions

1. Preheat oven to 325F
2. In a medium bowl, combine coconut, oats, orange zest, and salt
3. Add egg whites, honey, and vanilla and stir until combined
4. Stir in dark chocolate chips
5. Drop small mounds of mixture onto cookie sheets
6. Bake at 325F for 12-15 minutes or until cookies are lightly browned on the bottom
7. Transfer to a wire rack and cool completely

Substitutions

- Low Carb: 1/16 tsp pure stevia powder (about 2 ½ generous pinches) instead of honey
- Gluten Free: 2 tbsp brown rice flour instead of ground oats

Naked Gingerbread Men

Servings: 4 gingerbread men (1 gingerbread man per serving)

Ingredients

- 3/4 cup dates (soaked overnight if hard)
- 4 tbsp almond flour (ground almonds)
- 1/2 tsp ground ginger
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp allspice or 1/16 tsp cloves, ground
- Pinch of sea salt
- 1/2 tsp pure vanilla extract

Directions

1. Blend all ingredients in blender
2. Fridge a few hours for dough to harden and dry a bit
3. Roll out dough onto parchment paper - you may need to use some almond flour on your hands as you are rolling out the dough so it's not so sticky – if dough is still too sticky, add in more almond flour by the tablespoon until you can roll it out without it sticking
4. Cut into cookies and enjoy!



This dough can be cut into all shapes for cookies, but unlike the traditional gingerbread cookies with molasses, it's raw. It is bursting with festive flavours from the variety of spices.

NUTRITION INFO	
(per serving)	
Calories	132
Protein	2.1
Carbs	26.9
Fiber	3.6
Sugar	21.5
Fat	3.1





These cookies are low in calories, so you can enjoy a few more compared to others. They bake in the oven overnight and fill the house with a wonderful aroma by the morning.

NUTRITION INFO

(per serving)

Calories	51
Protein	3.6
Carbs	7.8
Fiber	0
Sugar	6.3
Fat	0



Minimal Meringue Cookies

Servings: 12 cookies (3 cookies per serving)

Ingredients

- 4 egg whites
- Pinch of salt
- 2 tbsp arrowroot
- 2 tbsp maple syrup
- 2 tsp pure vanilla extract

Directions

1. Preheat oven to 170F
2. Line cookie sheet with buttered parchment paper
3. Beat egg whites with salt using an electric whisk in a very clean stainless steel or glass bowl for a few minutes
4. Continue to whisk, now using a wire whisk by hand until the egg whites form stiff peaks (this is a true skill and may take more than one attempt, but keep trying – it'll be worth it when you perfect this)
5. Add in arrowroot and lightly whisk
6. Slowly add maple syrup and vanilla, whisking constantly but lightly
7. Place blobs of mixture onto parchment paper
8. Cook overnight in a warm oven at 170F
9. Let cool before removing from parchment paper
10. Store in airtight container

Peanut Butter Cookies

Servings: 12 cookies (2 cookies per serving)

Ingredients

- 1/4 cup almond flour
- 2 pinches sea salt
- 1/8 tsp baking soda
- 1/8 tsp apple cider vinegar
- 1/8 tsp stevia
- 1/2 tsp cinnamon
- 1/2 cup + 2 tbsp smooth peanut butter
- 1 egg
- 1 tsp pure vanilla extract

Directions

1. Preheat oven to 375F
2. Combine all the wet ingredients and mix well
3. In a separate bowl combine all dry ingredients and mix well
4. Pour wet ingredients into dry ingredients
5. Drop spoonfuls of batter on parchment lined cookie sheet and flatten the dough with a fork if you like
6. Bake at 375F for 12-15 minutes



These are the best tasting peanut butter cookies I've ever had, and they are the healthiest I've ever had too!

NUTRITION INFO	
(per serving)	
Calories	202
Protein	10.1
Carbs	6.2
Fiber	2.2
Sugar	2.0
Fat	16.0





The healthiest chocolate chip cookies EVER. But you wouldn't think so if you took a bite. Highly recommended if you're looking to bake a classic recipe that is also good for you!

NUTRITION INFO

(per serving)

Calories	196
Protein	4.2
Carbs	18.6
Fiber	2.8
Sugar	13.7
Fat	13.3



Chocolate Chip Cookies

Servings: 12 cookies (2 cookies per serving)

Ingredients

- 12 dates, soaked for 2 hours, then drained and chopped finely
- 2 egg yolks
- 2 tbsp coconut oil, liquefied
- 3/4 cup almond flour (ground almonds)
- 2 pinches of sea salt
- 2 pinches stevia
- 1/4 cup dark chocolate chips
- 1/2 tsp pure vanilla extract

Directions

1. Preheat oven to 350F
2. Stir all ingredients together and combine well
3. Drop spoonfuls of batter onto a parchment paper-lined baking sheet
4. Bake at 350F for 12-15 minutes until lightly browned – cookies will be soft

Cinnamon Roll Cookies

Servings: 8 cookies (2 cookies per serving)

Ingredients

- 2 tbsp cinnamon
- 1/4 tsp pure vanilla extract
- 1 egg yolk
- 1/4 cup almond flour (ground almonds)
- 6 dates, soaked for 1 hour, then drained and chopped finely
- 1/4 cup spelt flour
- 1 tbsp coconut oil, liquefied
- 2 tbsp butter, melted
- 2 pinches stevia
- 2-3 tbsp raisins
- Pinch of sea salt

Directions

1. Preheat oven to 350F
2. Mix all wet ingredients together in a bowl
3. Mix all dry ingredients together in another bowl
4. Combine wet ingredients and dry ingredients
5. Drop spoonfuls of batter onto a parchment paper-lined baking sheet and form into cookie shapes
6. Bake at 350F for 10-12 minutes



Do you know the popular store (in the USA and Canada) Cinnabon? Can you imagine what it smells like when you walk by? That's exactly what your house will smell like when you make these. :D

NUTRITION INFO	
(per serving)	
Calories	211
Protein	3.6
Carbs	22.6
Fiber	4.6
Sugar	10.9
Fat	13.5



I needed to make sugar cookies for a party I was going to, but I didn't want to bring unhealthy cookies, so I whipped these up. People won't know the difference, other than they'll feel a lot better after!

NUTRITION INFO	
(per serving)	
Calories	218
Protein	5.1
Carbs	14.3
Fiber	2.9
Sugar	10.0
Fat	16.8



Faux Sugar Cookies

Servings: 16 cookies (2 cookies per serving)

Ingredients

- 2 cups almond flour (ground almonds)
- 1/8 tsp sea salt
- 1/4 tsp baking soda
- 3 tbsp coconut oil, liquefied
- 1/4 cup honey
- 1-2 tbsp unsweetened applesauce
- 1 tbsp pure vanilla extract

Directions

1. Combine all dry ingredients in a bowl and mix well
2. Combine all wet ingredients in another bowl and mix well
3. Add the wet ingredients to the dry ingredients and mix until combined and a ball starts to form
4. Wrap the dough ball in parchment paper or plastic wrap and put in fridge for at least one hour (a few hours if possible)
5. Preheat oven to 325F
6. Roll the dough between two sheets of parchment paper – sprinkle some flour while rolling out to prevent the dough from sticking
7. When dough is rolled to about 1/4 to 1/2 inch thickness, cut out cookies by dipping the cookie cutter into coconut (or other) flour first before cutting – you may need to work in small batches here, chilling some of the dough in the fridge while you are cutting to maintain desired consistency of the dough
8. Carefully transfer the cookies using a metal spatula to a parchment paper-lined baking sheet
9. Put the baking sheet with the cookies in the freezer for a few mins
10. Bake cookies at 325F for about 10-12 minutes until the edges are slightly browned – they may still be slightly soft but will harden when cooled
11. Let cookies cool on the sheet before enjoying

Ginger Cookies

Servings: 10 cookies (2 cookies per serving)

Ingredients

- 3/4 cup almond flour (ground almonds) + 2 tbsp almond flour (ground almonds)
- 1 tsp ginger
- 1/2 tsp cinnamon
- 1/2 tsp allspice
- 10 dates, soaked for 1 hour, then drained and chopped finely
- 2 tbsp coconut oil, liquefied
- 2 egg whites
- 2 pinches of sea salt

Directions

1. Preheat oven to 350F
2. Mix all wet ingredients in a bowl
3. Mix all dry ingredients in another bowl
4. Combine wet ingredients and dry ingredients
5. Drop spoonfuls of batter onto a parchment paper-lined baking sheet
6. Bake at 350F on a 12-16 minutes



These are great cookies to have around the holidays as the spices and ginger remind me of Pumpkin Pie.

NUTRITION INFO	
(per serving)	
Calories	197
Protein	5.4
Carbs	16.5
Fiber	3.5
Sugar	11.2
Fat	13.8





Think soft, chewy, yummy granola bar that's not filled with sugar or cheap vegetable oils.

NUTRITION INFO	
(per serving)	
Calories	188
Protein	2.4
Carbs	22.1
Fiber	2.3
Sugar	14.2
Fat	11.2

Oatmeal Raisin Cookies

Servings: 6 cookies (2 cookies per serving)

Ingredients

- 6 dates soaked for 1 hour, then drained and chopped finely
- 1 egg yolk
- 2 tbsp coconut oil, liquefied
- 1/4 almond flour (ground almonds)
- 1/4 cup rolled oats
- 1-2 pinches stevia
- Pinch of sea salt
- 1/4 tsp pure vanilla extract
- 2 tbsp raisins (add 1 more tbsp if you like more)

Directions

1. Preheat oven to 350F
2. Mix wet ingredients in a bowl
3. Mix dry ingredients in another bowl
4. Combine wet ingredients and dry ingredients
5. Drop spoonfuls of batter onto a parchment paper-lined baking sheet
6. Bake at 350F for 12-14 minutes

Snickerdoodles

Servings: 8 cookies (2 cookies per serving)

Ingredients

- 1 cup almond flour (ground almonds)
- Pinch of sea salt
- 1/8 tsp baking soda
- 3 tbsp coconut oil, liquefied
- 2 tbsp honey (or maple syrup for vegan)
- 1 ½ tsp pure vanilla extract
- 2 tbsp cinnamon

Directions

1. Preheat oven to 350F
2. In a bowl, combine the first 3 ingredients
3. In another bowl, combine the wet ingredients (the next 3 ingredients)
4. Add the wet ingredients to the dry ingredients and mix until just combined
5. Using a rounded tablespoon, scoop out the dough and form into a ball by gently rolling it in between your palms
6. Roll each ball in the ground cinnamon to coat the outside
7. Place each ball of dough onto a parchment paper-lined cookie sheet
8. Using the bottom of a ramekin (or other flat surface), press each dough ball to flatten it until it is a thin disk
9. Bake at 350F for 8-9 minutes, do not over bake – they will still be soft when done, and they will harden up significantly when left to cool after baking
10. Allow cookies to cool and harden up a bit on a wire rack before enjoying them!



Another delicious cookie that has your house smelling like lovely Cinnamon.

NUTRITION INFO	
(per serving)	
Calories	269
Protein	5.2
Carbs	16.7
Fiber	4.7
Sugar	9.8
Fat	22.0



LOW CARB



These remind me of After Eight chocolates or peppermint patties. If you love either, you'll love these.

NUTRITION INFO	
(per serving)	
Calories	89
Protein	2.5
Carbs	9.5
Fiber	2.1
Sugar	4.8
Fat	5.6



LOW CARB

Vegan Mint Chocolate Chip Cookies

Servings: 8 cookies (2 cookies per serving)

Ingredients

- 1/4 tsp peppermint extract (if you don't use this, then these will be regular chocolate chip cookies)
- 2/3 large banana, mashed
- Pinch of sea salt
- 2-4 pinches stevia (or to taste)
- 1 tbsp chia seeds
- 1/3 cup almond flour (ground almonds)
- 2 tbsp dark chocolate chips

Directions

1. Combine all ingredients in a bowl except for almond flour and chocolate chips
2. Let sit for 1 hour on the counter
3. Add in almond flour and chocolate chips to the bowl and stir until well combined
4. Drop spoonfuls of batter onto a parchment paper-lined baking sheet
5. Bake at 350F for 12-15 minutes
6. Let cool on wire rack (they will harden up a bit)
7. Enjoy!

Oh Canada! Cookies

Servings: 8 cookies (2 cookies per serving)

Ingredients

- ¼ cup + 1 tbsp almond flour (ground almonds)
- ¼ cup spelt flour
- 1 egg white
- ¼ tsp pure vanilla extract
- 1 tbsp + 1 tsp maple syrup
- 1 tbsp coconut oil, liquefied
- 6 dates, soaked for 1 hour, drained then chopped finely
- 1/8 tsp + 2 pinches sea salt
- 1 slice bacon, crisped and chopped

Directions

1. Preheat oven to 350F
2. Mix all wet ingredients in a bowl
3. Mix all dry ingredients in another bowl
4. Fridge dough for 10 minutes
5. Drop spoonfuls of dough on a parchment-paper lined baking sheet and shape into cookies
6. Bake at 350F for 10-12 minutes – cookies will be slightly soft, but harden up a bit when cooled



I call these "Oh Canada!" cookies because they are uniquely Canadian having maple syrup and bacon! You might not think these are tasty, but give 'em a try and you'll be saying "eh" before you know it. :D

NUTRITION INFO

(per serving)

Calories	193
Protein	6.4
Carbs	21.1
Fiber	2.8
Sugar	12.3
Fat	10.2

Chili Chocolate Cookies

Servings: 8 cookies (2 cookies per serving)



Did you know that the combination of chili and chocolate is considered an aphrodisiac? Either way, these unique cookies have a little kick that will have you wanting more.

Ingredients

- ¼ cup almond flour
- ¼ cup arrowroot
- 3 pinches stevia (or more to taste)
- 1 tbsp honey
- 3 tbsp coconut oil, liquefied
- 3 tbsp cocoa powder
- 1/8 tsp black pepper, freshly ground
- ¼ tsp cayenne pepper
- Pinch of sea salt

Directions

1. Preheat oven to 350F
2. Mix all wet ingredients in a bowl
3. Mix all dry ingredients in another bowl
4. Combine wet ingredients and dry ingredients
5. Roll dough into balls of about ¾ inch diameter
6. Place balls onto a parchment-paper lined baking sheet
7. Using bottom of ramekin or other flat surface, gently press balls down to flatten
8. Bake at 350F for 10 minutes – cookies will be soft but will harden up when cooled

NUTRITION INFO

(per serving)

Calories	152
Protein	2.3
Carbs	9.0
Fiber	2.1
Sugar	2.3
Fat	13.7



LOW CARB

Berry Explosion Cookies

Servings: 8 cookies (2 cookies per serving)

Ingredients

- 1/8 cup butter, softened
- ¼ cup spelt flour
- 1/4 cup almond flour
- 7 dates, soaked for 1 hour, drained then chopped finely
- 3 pinches of stevia or to taste
- 1-2 tbsp of natural berry jam

Directions

1. Preheat oven to 350F
2. Combine all ingredients except for jam in a bowl and mix well
3. Roll dough into balls about ¾ to 1- inch diameter and place on a parchment-lined baking sheet
4. Use the bottom of a ramekin or other flat surface to flatten the balls
5. Bake at 350F for 10-12 minutes until cookies are lightly browned on bottom
6. Remove cookies from oven and carefully press the end of a wooden spoon into each cookie (careful as cookies are still soft)
7. Spoon jam into thumbprints
8. Carefully transfer cookies to wire rack to cool - they will be very soft before hardening up while cooling
9. Cool for 15 minutes



There is a cookie company called Voortman's that has their factory right off the highway near where I live. They make these soft and chewy turnover cookies that I used to miss, until I created these.

NUTRITION INFO

(per serving)

Calories	165
Protein	2.7
Carbs	21.1
Fiber	2.9
Sugar	11.9
Fat	8.9



Shortbread is delicious but is usually chock-full of white flour and sugar, two ingredients I'm trying my best to eliminate from my diet. Try these and you may never go back to normal shortbread cookies!

NUTRITION INFO	
(per serving)	
Calories	153
Protein	2.2
Carbs	9.2
Fiber	1.1
Sugar	6.1
Fat	13.0



Can't Believe It's Gluten-Free Shortbread

Servings: 6 cookies (2 cookies per serving)

Ingredients

- 1/4 cup almond flour (ground almonds)
- 1/4 cup + 1 tbsp arrowroot
- Pinch of stevia (or more to taste)
- 1 tbsp honey
- 2 tbsp coconut oil, liquefied
- Pinch of sea salt

Directions

1. Preheat oven to 350F
2. Mix all wet ingredients in a bowl
3. Mix all dry ingredients in another bowl
4. Combine wet ingredients and dry ingredients until a dough is formed
5. Roll dough out on lightly floured surface
6. Cut into shapes and place on a parchment paper-lined baking sheet
7. Bake at 350F x 10 minutes until edges are lightly browned

ANZAC Biscuits

Servings: 10 cookies (2 cookies per serving)

Ingredients

- 1/2 cup rolled oats
- 1/2 cup whole wheat flour (or spelt or brown rice flour)
- 1/2 cup unsweetened, shredded coconut
- 1/4 cup butter
- 3 tbsp honey
- 1/4 tsp baking soda

Directions

1. Preheat oven to 350F
2. In a bowl, combine oats, flour, coconut and mix well, then set aside
3. In a saucepan, add butter, honey and whisk over low heat until butter is melted
4. Remove saucepan from heat and stir in baking soda
5. Pour butter mixture into the dry mixture; combine using a fork
6. Drop spoonfuls of batter onto a parchment paper lined baking sheet
7. Bake from 12-18 minutes - bake for longer if you want crunchy biscuits, shorter if you want chewier biscuits; check on them at the 12 minute mark ensure they are not too well done
8. Biscuits are done when the tops are golden brown



The little story behind these biscuits: back in the day, they were sent by wives to soldiers abroad because they keep well during naval transportation. These days they are very popular biscuits and are sold in grocery stores Down Under. My version is simple. The coconut flavours take center stage just like they were meant to. These are great to pack as a snack for a long drive!

NUTRITION INFO	
(per serving)	
Calories	190
Protein	3.0
Carbs	34.6
Fiber	5.8
Sugar	15.1
Fat	6.2



THANK YOU VERY MUCH!

I'm truly grateful that you decided to take the chance and try these healthy recipes out. I hope you've found some new healthy favourites that can help you "satisfy your cravings without sabotaging your diet".

If you liked these recipes, you're going to absolutely LOVE my full Heavenly Recipes Guide collection. It includes 63 new recipes in different categories including bars, cakes and pies, breads, muffins and donuts and more!

If you haven't picked it up yet, I'd like to invite you to get it for 50% off. To take advantage of this special offer, click the coupon below.

Thanks again and I'd love to hear your feedback or answer any questions you might have. Please find me on Facebook at www.facebook.com/TheDessertAngel. Talk soon!

Sincerely,
Helen



*** Special Discount for New Friends of The Dessert Angel ***

50% OFF

The Dessert Angel's
Heavenly Recipes Guide



Includes 78 Healthy Dessert Recipes that will help you **BURN FAT** without restricting yourself to bland and boring diet foods!