



CHOCOLATE COOKIES

BEST RECIPES
SUGAR
FREE MAMA

2025 EDITION

COOKIES YOUR KIDS GONNA LOVE!

ONLY 7 SIMPLE INGREDIENTS STAND BETWEEN YOU AND A BATCH OF WARM, HEALTHY CHOCOLATE COOKIES:

180G ALMOND FLOUR - SOFT AND FLUFFY, IT MAKES THE PERFECT GLUTEN-FREE BASE. ALMOND MEAL ALSO WORKS (BUT THE TEXTURE WILL BE A LITTLE GRAINIER).

25G RAW COCOA POWDER OR CAROB POWDER (HIGH IN FIBER) - BRINGS THAT RICH CHOCOLATEY TASTE. TIP - RAW CACAO IS FOR EXTRA ANTIOXIDANTS <3

30-60G COCONUT SUGAR - ADDS CHEWINESS AND DEPTH. OR SKIP ENTIRELY FOR LESS SWEETNESS.

90G AGAVE SYRUP - A NATURAL BINDER. WITH A LOW GI (IMPORTANT FOR DIABETICS)

1/2 TSP BAKING POWDER - HELPS THE COOKIES RISE JUST A BIT FOR A SOFT TEXTURE.

5G VANILLA EXTRACT - MAKES THE CHOCOLATE FLAVOUR POP! FOR A COSY, WINTER TWIST, ADD CINNAMON, NUTMEG & CARDAMOM MIX.

35G COCONUT OIL - MELTED & COOLED. KEEPS THE COOKIES MOIST. YOU CAN USE THE OIL FROM NUT BUTTER FOR EXTRA NUTTY RICHNESS.

INSTRUCTIONS:

MIX - COMBINE ALL THE INGREDIENTS IN A BOWL.

STIR - USE A SPATULA UNTIL THE DOUGH IS STICKY.

SCOOP - ADD CHOCOLATE CHIPS, THEN SCOOP THE DOUGH INTO COOKIE SHAPES. ADD CHOC CHIPS!

BAKE - PLACE ON A LINED BAKING SHEET AND BAKE AT 180°C FOR 10-12 MINUTES (TIME MAY VARY, ALL DEPENDS FROM YOUR OVEN, SO KEEP CHECKING THEM EVERY 2-3 MINUTES)

THAT'S IT! YOU'VE JUST MADE HEALTHY CHOCOLATE COOKIES IN LESS THAN 20 MINUTES!

🍪 WHY YOUR FAMILY WILL LOVE THESE COOKIES?

THESE AREN'T YOUR AVERAGE, BORING CHOCOLATE COOKIES — THEY'RE HEALTHIER, MORE FILLING, AND JUST AS DELICIOUS!

AS A PARENT I ALWAYS TRY TO MAKE SWEETS AS HEALTHY AS POSSIBLE, WITHOUT COMPROMISING ON TASTE AND APPEARANCE

✨ BETTER FLOUR CHOICE - INSTEAD OF PLAIN WHITE FLOUR, THESE COOKIES USE ALMOND FLOUR. IT'S NATURALLY GLUTEN-FREE, PACKED WITH PROTEIN AND HEALTHY FATS, AND KEEPS YOU SATISFIED LONGER (SO YOU DON'T END UP EATING THE WHOLE BATCH).

✨ NO REFINED SUGAR - A MIX OF LIQUID SWEETENER (FOR MOISTURE) AND GRANULATED SWEETENER (FOR TEXTURE) KEEPS THEM CHEWY AND DELICIOUS

✨ NATURALLY GLUTEN-FREE & GRAIN-FREE

ENJOY!
ISABELA