



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



## Trim Cookies (S)

*Old Saint Nick probably wouldn't be known for his round belly if he indulged in Trim Healthy Mama's Trim Cookies instead of those sugar-laden cookies he's known for requesting! No need for THMs to be left out of holiday festivities! These cookies are sure to delight everyone in the family - make an activity out of it and let the kids help you decorate!*

Serving Size: 12 to 16 cookies

### INGREDIENTS:

- 1 stick softened butter
- 1 egg
- 1/2 tsp vanilla extract
- 2/3 cup THM Gentle Sweet
- 1 pinch mineral salt
- 1 & 1/4 cups THM Baking Blend (\*Alternate Flour Option below)

### INSTRUCTIONS:

1. Cream butter, egg, vanilla and the THM Gentle Sweet. <sup>TM</sup>
2. Add the mineral salt and THM Baking Blend to the mix and form into a ball with your hands.
3. For round shaped cookies, pull off pieces of the dough, roll into balls, then place on a well-greased cookie tray and flatten slightly with a fork.
4. For fun shaped cookies, refrigerate dough ball for 2 or 3 hours until it is very firm and chilled.
5. Roll out between parchment and create shapes.

*(Continued...)*

6. Bake at 350 for 10-12 minutes. Baking times may vary depending on size of cookies.

**Alternate Flour Option (if not using THM Baking Blend):**

- 3/4 cup almond flour
- 1/2 cup THM Oat Fiber

**Trim Cookies Cream Cheese Frosting (Optional):**

**INGREDIENTS:**

- 4 oz cream cheese, softened
- 1/2 stick butter, softened
- splash of vanilla
- 1 Tbsp ground THM Super Sweet Blend (or THM Gentle Sweet, to taste)

**INSTRUCTIONS:**

1. Blend this all together for the frosting.

**Here Are Some Other On-plan Cookie Topping Ideas:**

- ▶ Orange zest
- ▶ Chopped, unsweetened cranberries
- ▶ Slivered almonds
- ▶ *Slim Belly Jelly* (or another on-plan jelly/jam) for thumbprint type cookies
- ▶ Trim Healthy Chocolate Chips (or, another stevia-sweetened chocolate chip or 85% chocolate)
- ▶ Color your icing. There are some all natural options online and at some health food stores

The [Trim Cookies](http://www.TrimHealthyMembership.com) recipe and other delicious THM recipes can be found at [www.TrimHealthyMembership.com](http://www.TrimHealthyMembership.com).