



# Cinnamon Sugar

Sugar-Free. GF. DF. Vegan Holiday Cookies



*Eat well.  
Live well.*

**\*Soy-Free. DF. GF. Sugar-Free. Corn-Free.  
Vegan. Vegetarian. Paleo. \*Keto.  
\*Good for ALL Blood-Types**

## What you'll need:

- 1/2 cup vegan butter, softened\*
- 2/3 cup xylitol\*
- 1 tsp pure vanilla extract\*
- 1/4 cup pumpkin purée\*
- 3/4 tsp baking powder
- 1/4 tsp sea salt
- 12/3 cup gluten-free flour blend
- 2/3 cup blanched almond flour
- 1/3 cup arrowroot starch\*
- 2 tbsp unsweetened almond milk

See foot notes for items marked with\*

NOTE: For the most health-conscious version, use as many organic ingredients as possible.

**PREP: 30 minutes**

**COOK: 10-12 minutes    SERVES: 4**

- 1) Pre-heat oven to 350
- 2) Grease baking pan and lay down parchment paper.
- 3) Add softened butter to a large mixing bowl, blend with electric beater or electric mixing bowl for 1 minute until creamy.
- 4) Add sugar. Blend for another minute until light and fluffy.
- 5) Scrape down sides. Add vanilla and pumpkin purée. Blend.
- 6) Add baking powder and sea salt. Blend.
- 7) Add GF flour, almond flour, arrowroot and almond milk. Blend for 2-3 minutes until soft. Dough should be thick and moldable. If too soft, add a pinch of GF flour. If too thick, add a little almond milk.
- 8) If you are going to cut the dough into shapes with cookie cutters, then roll dough out on parchment paper and place in refrigerator for 15 minutes. If you aren't going to make shapes, then skip placing dough on parchment paper and put directly into refrigerator for 15 minutes.
- 9) Take dough out and immediately cut out the shapes you want, removing excess dough. If you aren't using cookie cutters, then make 1-2-inch balls of dough and place them on the parchment paper.
- 10) Sprinkle the top of dough with a little xylitol and cinnamon.
- 11) Bake for 10-12 minutes.



**Soy-Free:** You must use a 'soy-free' vegan butter if you want to keep this recipe soy-free & vegan. If you just care about it being soy-free but not dairy-free or vegan, you can use regular butter. We recommend using the red colored Earth Balance (available at Target), vegan, soy-free butter for this recipe.

**Dairy-Free:** You must use a vegan butter to keep this recipe dairy-free. We recommend using Earth Balance butter (available at Target). Choose the red colored version if you want to keep this recipe soy-free as well.

**Gluten-Free:** You must use gluten-free flour to keep this recipe gluten-free.

**Sugar-Free:** You must use a sugar substitute like xylitol, erythritol, or coconut sugar to keep this recipe sugar-free. We recommend Xylitol crystals, as it's the closest to sugar consistency. However, please note; xylitol is dangerous for dogs. If you have dogs, we recommend using another sugar option.

**ALSO:** Most vanilla extracts contain sugar. You must use a sugar-free version to keep this recipe sugar-free. We recommend using 'Simply Organics' vanilla extract (available at Target) OR, Kirkland brand from Costco.

**Vegan:** You must use a vegan butter to keep this recipe vegan. We recommend using Earth Balance butter. Choose the red colored version if you want to keep this recipe soy-free as well.

**Keto:** Replace arrowroot starch with Instant tapioca.

**Blood Types:**

·If you are an **B** blood type, you should avoid eating pumpkin. Replace the pumpkin purée with 3 tbsp of aquafaba (chickpea brine) or 2 eggs (if you don't need this recipe to stay vegan).