



# Healthier Holiday Cookie Exchange

Digital Cookbook

A decorative header featuring a white tray of various cookies (star-shaped, round, and heart-shaped) with white icing and chocolate chips. The tray is set against a light blue background with a subtle pattern of snowflakes and pine branches. A large, wavy gold banner with a white outline is positioned on the right side of the image, containing the text 'Table of Contents'.

# Table of Contents

Slide 3 - Orange Balls – Jill Ashburner

Slide 4 – Almond Shortbread Cookie – Cindy Vice

Slide 5 – Mexican Chocolate Cookies – Eve Cugini

Slide 6 – Healthy Pumpkin Chocolate Chip Oatmeal cookie – Gretchen Bayne

Slide 7 – Sweet Potato Custard – Tara Cox

Slide 8 – Healthy Breakfast Cookies – Scarlett Farr

Slide 9 – Chocolate Chip Cookies – Cindy Patterson

Slide 10 - Apple Pie Oat Cookies – Seth Christopher

Slide 11 – Peanut Butter Cookies – Jennifer Kees



# Orange Balls

Jill Ashburner – Great Charlotte LiveWELL Team

## Ingredients

- 1 (12 ounce) package vanilla wafers
- 4 cups sifted confectioners' sugar
- ½ cup butter, softened- OMIT
- 1 (6 ounce) can frozen orange juice concentrate, thawed
- 1 cup chopped pecans- Optional
- 1 cup flaked coconut

## Instructions

- Crush vanilla wafers to make fine crumbs. Add sugar, butter or margarine, and orange juice concentrate. Mix well.
- Shape dough into 1-inch balls. Roll balls in pecans or coconut.
- Chill until firm.

[Click HERE for video](#)



# Almond Shortbread Cookies

Cindy Vice – Floyd Employee Wellness

## Ingredients

- 2 cups almond flour
- ½ cup maple syrup

## Instructions

1. Add ingredients to a bowl and stir until clumps form, then continue with your hands until you reach a dough-like consistency.
2. Preheat oven to 250 F
3. Wrap dough in parchment paper and freeze for approx. 15 minutes
4. Roll out dough.
5. Cut out cookies and remove excess dough in between shapes with a knife or toothpick.



5. Place on baking sheet.
6. Remove from the oven. Let cool completely. Then store in an airtight container.
7. Bake cookies for 15-25 minutes depending on how thick you rolled them out. Keep an eye on them at the 15-minute mark. Almond flour burns easily.
8. Put cookies in the freezer for 15 minutes, remove and dip in melted chocolate.

[Click HERE for Video](#)

# Mexican Chocolate Chewie's

Eve Cugini – Greater Charlotte LiveWELL

## Ingredients

2 cups pecans, roughly chopped  
2 ½ cups powdered sugar  
½ cup unsweetened cocoa powder  
½ teaspoon ground cinnamon  
¼ teaspoon chipotle chile powder  
¼ teaspoon kosher salt  
3 large egg whites  
1 teaspoon vanilla extract  
2 cups semisweet chocolate chips

[Click HERE for  
Video](#)

1. Preheat oven to 350 degrees and line a baking sheet with parchment paper.
2. While oven is heating, arrange the chopped pecans in a skillet and place in the oven for 5 minutes or until they've turned a bit darker brown and smell fragrant. Mix roasted pecans with the powdered sugar, cocoa powder, cinnamon, chipotle chili powder, and salt.
3. Stir egg whites into the dry mixture by hand just until batter is well mixed. Stir in the vanilla extract and chocolate chips. Dope tablespoon portions of batter on the sheet an inch apart, about six per sheet, as these cookies spread while cooking. Bake for 15 minutes or until crackling on the surface.
4. Remove sheet from oven, lift the parchment paper with the cookies still on the sheet and cool on a rack. Allow to cool for 20 minutes before removing from paper as they are very delicate. They will keep for a few days in an airtight container.



The Homesick Texan  
By Lisa Fain

# Healthy Pumpkin Chocolate Chip Oatmeal Cookies

Gretchen Bayne – Winston Best Health for Us

## Ingredients

1 cup instant oats  
¾ cup whole wheat flour  
2 tsp ground cinnamon  
¼ tsp ground nutmeg  
¼ tsp ground ginger  
1 ½ tsp baking powder  
¼ tsp salt  
2 tbsp coconut oil  
¾ cup pure maple syrup  
2 tbsp dark chocolate chips  
1 tbsp miniature chocolate chips



[Click HERE for Video](#)

- Preheat oven to 325 and line cookie sheet with parchment paper.
- Whisk together the oats, flour, cinnamon, nutmeg, ginger, baking powder, and salt in a medium bowl. In a separate bowl, whisk together the coconut oil, pumpkin puree and vanilla. Stir in maple syrup. Add in the flour mixture just until incorporated. Fold in the dark chocolate chips and ½ tablespoon of mini chocolate chips.
- Drop the cookie dough into 15 rounded scoops onto the cookie sheet. Flatten the scoops to the rounded desired thickness with a spatula. Gently press the remaining mini chips into the tops. Bake at 325 F for 11-14 minutes. Cool on the pan 10 minutes before moving to a wire rack.

\*Amy's Healthy Baking Recipe



# Sweet Potato Custard

Tara Cox – Greater Charlotte LiveWELL Team

## Ingredients

16 oz baked sweet potatoes  
(about 2 large sweet potatoes)  
12-16 oz silken tofu  
1 teaspoon cinnamon  
1 teaspoon nutmeg  
1 cup pitted dates  
crushed pecans or walnuts as  
desired to top

## Instructions

1. Preheat the oven to 350F.
2. Combine the pumpkin puree, silken tofu, nutmeg, cinnamon, and dates into a blender and blend until smooth. Taste the mixture and adjust the spices and dates to your liking.
3. Pour the mixture into a baking dish or small ramekins. Bake for about 35 minutes, or until the top cracks.
4. Once the custard is done, sprinkle the top with crushed walnuts or pecans.

**Enjoy!**

[Click HERE for  
Video](#)



# Healthy Breakfast Cookies

Scarlett Far – Atrium Health Navicent



## INGREDIENTS:

2 cups old fashioned oats  
1/3 cup unsweetened applesauce  
3 very ripe bananas  
¼ cup unsweetened almond milk  
1 teaspoon vanilla extract  
1 teaspoon cinnamon  
Dash of salt  
½ cup Lily's Dark Chocolate Chips  
¼ cup 50% less sugar dried cranberries or raisins (optional)  
¼ cup sliced almonds or chopped walnuts (optional)

## INSTRUCTIONS:

1. Preheat oven to 350 degrees.
2. Cut parchment paper to fit two baking sheets.
3. Blend all ingredients in a large food processor or blender for approximately 30-45 seconds. If you prefer to mix by hand, mash the bananas with a fork, then add the remaining ingredients.
4. Use a cookie scoop or tablespoon and portion out 24 cookies onto the baking sheets.
5. Bake for 18-20 minutes.
6. Let cool and place in covered container in refrigerator.
7. Microwave for a few seconds to enjoy them warm or eat them straight from the fridge!

[Click HERE for Video](#)



# Chocolate Chip Cookies

Cindy Patterson – Greater Charlotte LiveWELL Team

## Ingredients

2 c. almond flour  
1/2 tsp. baking soda  
1/4 tsp. kosher salt  
1/4 c. butter, room temperature  
1/4 c. almond butter  
3 tbsp. honey  
1 large egg  
1 tsp. pure vanilla extract  
1 c. semisweet chocolate chips  
Flaky sea salt

## Instructions

1. Preheat oven to 350° and line a baking sheet with parchment paper. In a large bowl, whisk together almond flour, baking soda, and salt. Add butter, almond butter, honey, egg, and vanilla and, using a hand mixer, beat until combined.
2. Fold in chocolate chips until combined, then add tablespoonfuls of batter to prepared baking sheet. Sprinkle cookies with flaky sea salt.
3. Bake until edges are golden, 13 to 15 minutes.



[Click HERE for Video](#)

# Apple Pie Oat Cookies

Seth Christopher – Greater Charlotte LiveWELL Team



## Ingredients

- 1 cup rolled oats (or brown rice flakes or quinoa flakes if gluten free)
- 1 cup spelt flour (or gluten free)
- 1 tsp baking powder
- 1 tsp ground cinnamon
- Salt *pinch*
- ½ cup maple syrup (honey or rice malt syrup)
- 2 tbs coconut oil *melted*
- 1 large egg
- 1 tsp vanilla extract
- 2 apples *peeled, cored & finely diced*

## Instructions

1. Preheat oven to 325 F and line 2 cookie sheets with baking paper.
2. Mix together oats, flour, baking powder, cinnamon and salt in a large bowl.
3. In another bowl, whisk together maple syrup, oil, egg and vanilla.
4. Pour wet ingredients into dry, add apple and mix to combine.
5. Roll mixture into 12 even sized balls and arrange on sheets. Flatten slightly with lightly wet fingers and bake for 10-13 minutes or until golden around the edges. Cool on sheets for 30 minutes before transferring to a cooling rack.
6. Store cookies in an airtight container for up to 3 days.

[Click HERE  
for Video](#)

Credit to Dan Churchill, Centr.



# Flourless Peanut Butter Cookies

## Ingredients

- 1 cup creamy peanut butter
- ½ cup sugar
- 1 egg lightly beaten
- 1.2 tsp vanilla extract
- ¼ tsp sea salt
- ½ cup chocolate (optional)

## Instructions

1. Preheat oven to 350 degrees
2. Mix peanut butter and sugar
3. Add egg, vanilla, salt and stir until combined
4. If desired, mix in chocolate chips
5. Roll 1 TBS portions of dough into balls and place on baking sheet lined with parchment paper
6. Bake for 8-10 minutes or until bottoms are just barely browned
7. Let cookies sit on the pan for 10 minutes before removing to a rack

Enjoy!

[Click HERE for Video](#)

Jennifer Kees – Greater Charlotte LiveWELL Team

