



CLEAN HOLIDAY COOKIE COOKBOOK



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CHERRY ALMOND BISCOTTI

1/4 cup butter
1/4 cup xylitol
2 large eggs
1 tbsp. vanilla extract
3 cup almond flour
1/4 tsp. sea salt
1 tsp. baking soda
1/2 cup dried cherries, chopped
1/2 cup slivered almonds

Preheat oven to 350 degrees. Line baking sheet with parchment paper or wax paper. Use a handheld mixer to blend butter, xylitol, eggs, and vanilla extract with until frothy. In a separate bowl, combine almond flour, salt, baking soda, dried cherries, and almonds. Stir the wet ingredients into the flour mixture; continue mixing until dough consistency is achieved. Form the dough into 2 (9x3 inch) logs on the baking sheet. Bake for 25 minutes, until logs are brown around the edges. Let the logs cool for 1 hour.

Transfer logs to cutting board and cut into 1/2 inch slices using serrated knife. Return biscotti to baking sheets. Bake until crisp, about 12-15 minutes, turning over halfway through. Let biscotti cool and then serve.

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CHOCOLATE CHIP COOKIES

1 c. almond meal
1/4 teaspoon sea salt
1/8 teaspoon baking soda
1/4 teaspoon cinnamon, optional, but delicious!
3 Tablespoon coconut oil or butter, melted
2 Tablespoon honey or maple syrup
1 1/2 teaspoon vanilla
1/2-1 teaspoon water, only if/as needed
3 Tablespoon dark chocolate chips

Preheat the oven to 350 degrees. Mix the almond meal, salt, baking soda, and cinnamon. Stir in the coconut oil, honey/maple syrup, and vanilla. Add in water as needed to bring everything together. Stir in the chocolate chips last. Bake for 10-11 minutes on a well oiled or parchment paper-lined cookie sheet until edges are golden brown. Let them sit on the pan for 5-10 minutes.

CHOCOLATE CHIP PECAN BARS

2 1/2 cups almond flour
1/2 tsp. sea salt
1/4 tsp. baking soda
1 c. pecans, toasted and coarsely chopped
1/3 cup dark chocolate chips
1/3 cup xylitol
1/4 cup water
2 eggs
1 tablespoon vanilla extract

Preheat oven to 350 degrees. Spray 8 x 8 pan with cooking spray. Mix dry ingredients in large bowl; in separate bowl, lightly beat eggs, water and vanilla. Add wet ingredients to dry ingredients and mix well. Spread dough in pan. Bake for 30 minutes, or until lightly browned. Let cool and cut into squares.

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CHOCOLATE TOPPED MACAROONS

1 package (8 ounces.) packaged shredded unsweetened coconut flakes
3 large egg whites
1/4 cup erythritol (Stevia) or other sweetener in granulated form
2 teaspoons vanilla extract
4 ounces dark chocolate

Preheat oven to 350 F. Line a baking sheet with parchment paper.

In a large bowl, whisk egg whites with sugar. Add vanilla and coconut stir until well-combined. Mold batter into small golf sized balls. Place on the baking sheet and bake until the tops become golden brown, approximately 15 minutes.

Remove and allow to cool.

While macaroons are baking, melt the chocolate over low heat in a double boiler. You can microwave as well, but be sure to frequently check on the chocolate, as chocolate can retain its shape even once it has melted.

Dip the macaroons in the chocolate or drizzle on top. Refrigerate until chocolate is set and serve!

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DEVIL'S FOOD COOKIES

4 sprays cooking spray
2 cups coconut flour
1 tsp baking soda
1/4 tsp table salt
3/4 cup cooked lentils, drained and rinsed
2 large eggs, separated
3 1/2 oz bittersweet chocolate, melted
1/2 stick unsalted butter, softened
1 cups sugar
2 tsp vanilla extract
1/2 cup buttermilk
1 Tbsp powdered sugar

Preheat oven to 350°F. Coat two large cookie sheets with cooking spray or line with parchment paper. In a small bowl, sift flour, baking soda, and salt; set aside.

In a blender or food processor, puree lentils with egg yolks until smooth; set aside. Melt chocolate in a double boiler or microwave.

Using an electric mixer, cream butter, sugar, and vanilla until light and fluffy. With mixer on low speed, add melted chocolate; combine thoroughly. Add pureed lentils. Mix well.

Alternating in batches, add flour mixture and buttermilk to batter, mixing after each addition (dough will be sticky).

Whip egg whites until soft peaks form; fold into the batter.

Drop heaping teaspoons of batter onto prepared cookie sheets, leaving about 1 inch between cookies; bake until puffed and set, about 8 to 10 minutes. Allow cookies to cool on cookie sheets for about 2 minutes and then remove to a wire rack to cool completely. Store in an airtight container. Dust with powdered sugar before serving.

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PEANUT BUTTER BALLS

- 1 cup peanut or almond butter
- 1 large egg
- 1 tsp vanilla
- 1 tsp baking soda
- 1 1/2 tsp liquid stevia or 1/2 cup of sugar

Preheat oven to 350 F. Combine the peanut or almond butter, egg, vanilla, baking soda, and sugar/stevia. Spoon cookies onto a parchment paper lined cookie sheets and shape with hands like a heart. Bake for 12-15 minutes or until golden brown.

HEART COOKIES

- 2 cups blanched almond flour
- 1 egg
- 2 teaspoons unsalted butter or coconut oil
- 1 teaspoon vanilla extract
- 1/2 teaspoon sea salt
- 1/2 teaspoon baking soda
- 1/4 cup honey or agave nectar

In a large bowl, combine the flour, salt, and baking soda. In a separate bowl, combine remaining ingredients. Mix the wet ingredients into the dry ingredients. Roll the mixture into a large ball and place the dough on parchment paper. Refrigerate for an hour.

Preheat oven to 325 degrees F. Roll chilled dough to 1/4 inch thickness. Use a heart shaped cookie cutter to make cookies and place on a baking sheet. Cook for 9-12 minutes or until slightly golden brown.

Remove from oven and let cool. Top with frosting.

FROSTING

- 1 cup vanilla or strawberry whey protein powder
- 1 cup plain greek yogurt
- 1 pack of stevia (optional)

Mix all ingredients together in a bowl so that they mixed thoroughly together and smooth. Spread frosting on cooled cookies.

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LEMON BARS

Crust

1 cup almond flour
1/4 cup almond butter
1 tbsp honey
1 tbsp grass-fed butter, softened
1 tsp vanilla
1/2 tsp baking powder
1/4 tsp sea salt

Filling

3 eggs
1/2 cup honey
1/4 cup lemon juice
2 1/2 tbsp coconut flour
1 tbsp lemon zest, finely grated
Pinch of salt

Preheat oven to 350. Coat 9×9 baking dish with coconut oil or butter.

Combine all crust ingredients in food processor until a “crumble” forms. Press crust evenly into the bottom of pan. Using a fork, prick a few holes into crust. Bake for 10 minutes.

While crust is baking, combine all filling ingredients in a food processor until well incorporated. When crust is finished, remove from oven and pour filling evenly over top.

Bake an additional 15-20 minutes, or until filling is set but still has a little jiggle.

Cool completely on wire rack. (You can also chill in the fridge if desired, to further set the filling).

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MAGIC COCONUT BARS

Crust

- 3/4 cup blanched almond flour
- 3/4 cup unsweetened shredded coconut
- 1/4 teaspoon sea salt
- 1 teaspoon vanilla
- 1 tablespoon coconut nectar, honey or maple syrup (optional)
- 1/4 cup coconut oil or butter, melted

Preheat oven to 350 degrees F. Line an 8×8 metal or glass dish with parchment paper. Allow the paper to hang over the sides for easy removal. Combine all ingredients for the crust in a large bowl; press firmly into the prepared pan. Bake for 12 – 15 minutes until golden brown. Remove from oven and cool on wire rack while preparing the filling.

Magic Filling

- 1 can full fat coconut milk
- 2 Tablespoons coconut nectar, honey or maple syrup
- 1 Tablespoon vanilla
- 3/4 cup dark chocolate chips
- 3/4 cup unsweetened shredded coconut
- 3/4 cup chopped pecans
- 1/4 cup unsweetened coconut flakes

In a saucepan over medium heat, bring coconut milk, sweetener, and vanilla to a low boil; reduce heat and simmer for approximately 45 minutes, stirring frequently until the mixture is reduced by half. The coconut milk mixture should be very thick; you will have 3/4 cup once reduced. Once reduced, remove from heat and cool slightly. Pour 1/2 of the condensed coconut milk over the crust and spread to the edges. Layer half of the shredded coconut, half of the chocolate chips, and half of the pecans on top of the coconut milk. Lightly press down on the toppings. Add a second layer with the remaining shredded coconut, chocolate chips, and pecans. Pour remaining 1/2 of condensed coconut milk over the top of the layers. Top with flaked coconut.

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MINI CHOCOLATE ALMOND MOUNDS OF JOY

1 c. toasted hazelnuts
1 c. raw almonds
1 1/2 c. pitted dates, roughly chopped
2/3 c. raw almond butter
5 Tbs. raw cacao powder (or unsweetened cocoa powder)
1/2 tsp. vanilla extract
1/4 c. unsweetened, shredded coconut
Additional shredded coconut for garnish** (Optional)

Combine all the ingredients, except for coconut, in the food processor. Mix until smooth. This will take a few minutes and may require scraping down the sides of the bowl one or more times.

Line a mini muffin tin with plastic wrap. Spoon dollops of the sweet mixture into the lined tin cups and form into “mounds.” Freeze until well formed. Remove mounds from plastic and tin and flip for presentation. Sprinkle with shredded coconut.

NO BAKE ALMOND BUTTER BARS

3/4 cup almond flour
3/4 cup unsweetened finely shredded coconut
3/4 cup equivalent powdered sweetener (Use powdered coconut sugar for Paleo or powdered sweetener)
1 cup + 2 Tbsp almond butter (or any nut butter)
2 Tbsp coconut oil
4 1/2 oz dark chocolate

In a large bowl, combine the almond flour, coconut, and sweetener. Over medium-low heat, melt 1 cup of almond butter and coconut oil. Once melted, add the almond butter to the dry ingredients; mix well. Press the mixture into an 8" x 8" baking dish. Over medium-low heat, melt 2 Tbsp of almond butter and the chocolate. Once melted, pour the chocolate over the almond butter mixture and smooth out the top for even coverage. Refrigerate for 2 hours or until the almond butter mixture has set. To reduce the amount of time for the almond butter mixture to set, place the bars in the freezer until set.

Cut into 12 even bars.

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NO BAKE BROWNIE BITES

1 1/2 cups walnuts
Pinch of salt
1 cup pitted dates
1 tsp vanilla
1/3 cup unsweetened cocoa powder

Add walnuts and salt to a blender or food processor. Mix until the walnuts are finely ground. Add dates, vanilla, and cocoa powder to the blender. Mix until everything is combined; add a few drops of water at a time to make sure the mixture sticks together. Transfer to a bowl. Using your hands, form small round balls, rolling in your palm. Store in an airtight container in the refrigerator for up to a week.

PEANUT BUTTER HEARTS

1 cup peanut or almond butter
1 large egg
1 tsp vanilla
1 tsp baking soda
1 1/2 tsp liquid stevia or 1/2 cup of sugar

Preheat oven to 350 F. In a bowl, combine the peanut or almond butter, egg, vanilla, baking soda, and sugar/stevia. Spoon cookies onto cookie sheets lined with parchment paper. Shape cookies into hearts. Bake for 12-15 minutes or until golden brown.

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ENERGY COOKIES

- 2 large, ripe bananas
- 1/4-1/2 cup Enjoy Life Chocolate Chips (or your favorite chips!)
- 1 cup gluten free rolled oats
- 2 teaspoons vanilla extract
- 1/4 cup unsweetened, shredded coconut (optional)

Preheat Oven to 375F. Line 2 cookie sheets with parchment paper. Place bananas in a large mixing bowl and mash. Add all other ingredients and mix well. Using a medium sized spoon, drop cookie batter on cookie sheet a few inches apart and flatten slightly with spoon or palm of your hand. Bake for 8-10 minutes. Cool for 5 minutes before devouring!

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NO BAKE OATMEAL COOKIE BALLS

- 1 cup old fashioned oatmeal
- 4 tablespoons of Natural Peanut Butter
- 1/4 cup water
- 2 tablespoons mini semi-sweet chocolate chips
- 2 scoops whey protein powder

Mix all ingredients in a bowl until well blended. Use your hands to make little balls with the mix.

You can eat them as is or freeze them.

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CHOCOLATE CHIP PEANUT BUTTER COOKIES

2 c. almond meal
1 tsp vanilla
1 cup all natural creamy peanut butter
1/3 c real maple syrup or sweetener of choice
1 large egg white
3 tsp of butter softened
Dash of salt
Optional - handful of chocolate chips

Mix all dry ingredients in a bowl. Then mix in the rest of the ingredients in. Bake at 400 on cookie sheet for 7 minutes. Let cool before removing.

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CHOCOLATY ALMOND COOKIES

1/3 cup almond flour
1/2 tsp baking soda
1/4 cup almond butter
1/2 tsp vanilla
1 scoop chocolate whey protein
1/4 cup almond milk
1/2 cup oats
1 tbsp unsweetened cocoa powder
1 tsp stevia
1 egg

Preheat oven to 350 degrees F. Combine all ingredients in large bowl. Place spoonfuls onto baking sheet sprayed with cooking spray. Bake for 10 minutes, remove from oven and let sit for 5 mins on sheet. Remove from sheet and allow to cool on rack.

Makes 12 cake cookies.

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COCONUT LIME MACAROONS

100g unsweetened shredded dried coconut
2 large egg whites
1 tbsp coconut sugar
1 lime (or two if they aren't very juicy!)

Pre-heat the oven to 350 F. Place the egg whites in a bowl and add the sugar. Beat well until incorporated. Add the coconut, zest and juice of the lime and stir until fully combined. Form the mixture into 9 rough balls and flatten onto a greased baking sheet. Bake for 15-20 mins until golden brown.

Sarah Garton

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CHOCOLATE COFFEE COCONUT TRUFFLE

1/2 cup coconut butter
3 Tablespoons 100% cocoa powder
1 Tablespoon ground coffee
1 Tablespoon unsweetened coconut flakes 1/2 teaspoon raw honey
1 Tablespoon coconut oil

Melt the coconut butter in a microwave so that it can be mixed easily with a fork. Mix all the ingredients, except coconut oil, with a fork. Take an ice-cube tray and pour approximately 1/4 teaspoon of coconut oil into 6-7 of the cups. Spoon the mixture into each cup of the ice-cube tray and gently pat them flat with a fork.

Freeze for 4-5 hours.

Defrost at room temperature for 15-20 minutes before serving.

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WHITE CHOCOLATE MACADAMIA NUT COOKIES

1 1/2 cups almond flour
1/2 teaspoon baking soda
1/4 teaspoon sea salt
1/4 cup coconut oil or grass-fed butter, melted 1.25 Tsp of maple syrup extract)
1 egg
1 teaspoon vanilla
2/3 cup white chocolate chips
1/2 cup macadamia nuts, chopped

Preheat oven to 350°F and line a baking sheet with parchment paper. Combine almond flour, baking soda, and salt in a bowl. Whisk melted coconut oil or butter, maple extract, egg, and vanilla together. I used a regular spoon, but you can also use a hand mixer. Slowly add the flour mixture into the liquid mixture, stirring everything together well before adding more. Stir white chocolate chips and macadamia nuts into the dough.

Scoop dough onto baking sheets and bake for 12-15 minutes. Remove from the oven and let cool for 30 minutes to an hour.

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NUTELLA COOKIES

2 cup(s) hazelnut flour, or hazelnut meal
1/2 teaspoon(s) baking soda
1/4 teaspoon(s) sea salt
1/4 cup(s) coconut oil, melted
3 tablespoon(s) maple syrup
2 teaspoon(s) vanilla
1/4 cup(s) chocolate chips, semi-sweet, try Enjoy Life

Preheat oven to 350F. Mix the hazelnut meal/flour, baking soda and sea salt together in a medium bowl and then add the melted coconut oil, maple syrup and vanilla extract. Mix well.

Fold in the chocolate chips and drop rounded tablespoons onto a baking pan lined with a reusable baking sheet or parchment paper.
Bake for 8-10 minutes until edges are golden brown.
Let cool on pan for 5 or 10 minutes. Cookies will harden as they cool.

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PINOLI NUT COOKIES

One 15-ounce can gluten-free almond paste, finely crumbled
1 cup equivalent powdered sweetener (Use powdered coconut sugar for Paleo or powdered sweetener)
2 tablespoons honey
Pinch ground cinnamon
Pinch fine salt
2 large egg whites
1 lemon, zested
1/2 to 3/4 cups pine nuts

Preheat the oven to 350 degrees F. Line sheet trays with parchment paper or silicone baking mats.

In the bowl of a stand mixer equipped with the paddle attachment, beat the almond paste on high speed until it is really broken up. Add the confectioners' sugar and mix on slow speed until well combined.

Add the honey, cinnamon, salt, egg whites and lemon zest and beat on medium speed until the mixture is well combined and very thick, about 5 minutes.

Fill a disposable pastry bag with the dough. Push the dough towards the tip and cut the tip off the bag. Pipe 1-inch balls onto the prepared sheet trays. Top with the pine nuts, pressing them into the dough to secure. Bake until the cookies are golden, 12 to 14 minutes.

I hope you enjoy these recipes I put together for you. If you try any of these cookies please let me know how you like them!

Happy Holidays,

Sabrina

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