



VANILLA REFRIGERATOR COOKIE

(By Dr. Cindy Tanzar
(Maintenance/Special Occasions))

These buttery vanilla cookies are perfect for holidays, tea time, or any special occasion when you want a treat that feels indulgent without derailing your healthy eating habits. Made with wholesome ingredients like almond and coconut flour, these cookies deliver a deliciously crisp texture and rich vanilla flavor. Optional additions like orange extract, nutmeg, or a dip in dark chocolate make them even more versatile and festive. Keep this recipe handy for the maintenance phase or when you want to impress guests at a special occasion.

Makes 15-20 cookies.



INGREDIENTS

- 3 large pastured eggs, room temperature
- 1/2 cup Kerry Gold butter, very soft
- 1 tsp pure vanilla extract
- 1/4 cup Swerve granular
- 3/4 cup almond flour
- 1/2 cup coconut flour
- 1 tsp baking powder



OPTIONAL:

These cookies have a great vanilla butter cookie flavor, but you can add in a little orange extract or nutmeg for variety.

You can also melt some 85% chocolate or Lily's chocolate to dip the cookies in after cooled.

INSTRUCTIONS

Preheat oven to 350°F. Cream one egg at a time with butter and vanilla.

In a medium bowl, mix together Swerve, almond flour, coconut flour and baking powder.

Add dry ingredients to the butter/egg mixture, stirring until thick and well-combined.

Scoop batter into a 12" long row on a large piece of plastic wrap. Close the plastic wrap around the dough and shape it into a log. Refrigerate for 30 minutes.

Slice dough log into 15-20 cookies and place onto a large cookie sheet lined with parchment paper. Bake for 12-15 minutes or until edges just begin to brown. Cool completely on a rack.