

(NO) Sugar COOKIES

From the kitchen of Great-Grandma Swanson, the original recipe called for a generous two cups of white sugar! Just a few modifications have transformed this family recipe into an unrefined and nourishing treat! These truly look and taste like a sugar cookie! Get creative and use whatever cut out shape you would like. And please, opt out of the gross store-bought sprinkles. Try pumpkin seeds, hemp seeds, shredded coconut or cacao nibs instead.



PREP TIME: 1 Hour // COOK TIME: 10–15 Minutes

Note: If you like a crispy cookie, roll it 1/8 inch thin and cook for a 12–15 minutes. If you like a soft chewy cookie, roll dough out to 1/4 inch and cook for 10–12 minutes. Ovens do vary with heat efficiency! Know your oven, check frequently during final cooking minutes to prevent burning.

SPECIAL EQUIPMENT: Mix Master, Rolling Pin, Baking Stone, 2 1/2" to 3" Cookie Cutters, Cooling Rack

SERVES: 48

INGREDIENTS

LOVE ♥

COOKIES

5 Cups Spelt Flour – *plus 1 cup to roll out and cut dough, feel free to use millet flour for this*

1 Cup Raw Honey

1 Cup Pastured Butter

3/4 Cup Pastured Milk

2 Pastured Eggs, room temperature

1/2 Teaspoon Unrefined Salt

1 Teaspoon Vanilla Extract

1 Teaspoon Baking Soda

1 Teaspoon Anise Seed, ground – *optional*

FROSTING

1 Cup Pastured Butter, softened

1 Cup Coconut Oil, softened

1/4 Cup Raw Honey

1/4 Cup Grade B Maple Syrup

1/2 Teaspoon Vanilla Extract

Use all organic ingredients if possible.

INSTRUCTIONS

Preheat the oven and baking stone to 400 degrees F.

In a mixing bowl, place eggs, honey, anise, salt and vanilla. Beat on medium speed for a few minutes until creamy and smooth. Add in baking soda and 2 cups of flour. Mix for a few minutes until smooth. Add in half of the milk and two more cups of flour. Mix for a few more minutes until smooth. Add the remaining milk and the last cup of flour. Beat for a minute until you have a smooth and beautiful cookie batter.

Dust a clean counter or large cutting board with flour. Take out 1/4 of the batter and dust it with additional flour. Slowly roll out the dough, until 1/4 inch thick. Then using cookie cutters of your choice, cut out the cookies. Once you have punched all of your shapes, use a spatula to carefully lift the cookie to the baking stone. Bake for 10–15 minutes. Repeat.

Allow cookies to cool on a wire baking rack.

Once cookies are completely cooled, you may frost them if desired. Keep in fridge or freezer.

To make frosting...

In a mixing bowl, combine butter, coconut oil, honey, maple syrup and vanilla extract. Whip until smooth and fluffy, up to 5 minutes.

Frost and decorate your non-sugary sweets.