

Healthier Christmas Treats

Dr. Melissa Vandermissen

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Making Christmas
cookies and treats with
loved ones are
sometimes the memories
we remember most
around the holidays.
But unfortunately, these
don't always align with
our healthy lifestyle.

So I wanted to put
together a few recipes
that may help keep your
traditions live on, while
sticking to your
healthy ways.

*"You can have your
cookie and eat it too!"*

Peanut Butter/ Almond Butter Cookies



Ingredients:

1 cup organic peanut or almond
butter (salt & sugar free)

1 pasture-raised egg

½ cup organic coconut sugar

½ cup almond flour

½ tsp aluminum-free baking powder

1 pinch of Himalayan salt

12 dairy-free dark chocolate chunks

Makes 1 dozen cookies

Instructions:

Preheat oven to 350F.

Line baking sheet with unbleached parchment paper. Mix and cream all ingredients together in a bowl.

Scoop out a tablespoon amount, roll into a ball, and place onto the baking sheet. Gently smash down the rolled balls to the shape you desire. Repeat until the batter is gone. Bake for 10-12 minutes.

*After the cookies come out of the oven, you can place a chunk of dairy-free dark chocolate in the middle of each cookie.

Enjoy!

Chocolate Chip
Peppermint
Brownies



Ingredients:

½ cup Nutiva butter-flavored
coconut oil

2 pasture-raised eggs

2/3 cup dairy-free dark chocolate
chips

½ cup organic coconut sugar

½ teaspoon Himalayan salt

3 tablespoons arrowroot powder

½ cup organic raw cacao powder

1 teaspoon vanilla

3 drops peppermint essential oil

*(make sure this is a certified oil
that can be ingested)

Directions:

Preheat oven to 350 F.

Melt the coconut oil and 1/3 cup chocolate chips in a pot. Mix the remaining ingredients (besides the peppermint oil and other 1/3 cup chocolate chips) together until the batter is thick. Remove from heat and let cool for 2 minutes. Add in the remaining 1/3 cup chocolate chips and 3 drops of peppermint essential oil. Pour contents into a greased or parchment lined glass loaf pan or 9x9 glass square pan.

Bake for 30 minutes or until toothpick comes out clean.

Double Chocolate Crinkle Cookies



Ingredients:

$\frac{3}{4}$ cup Nutiva butter-flavored
coconut oil (room temperature)

$\frac{1}{2}$ cup organic coconut sugar

1 pasture-raised egg

1 tsp vanilla

$\frac{1}{2}$ tsp baking soda

$\frac{1}{2}$ tsp Himalayan salt

$\frac{3}{4}$ cup raw organic cacao powder

$\frac{1}{4}$ cup vegan dark chocolate chips

$\frac{1}{4}$ cup vegan white chocolate chips

-organic powdered sugar

for sprinkling on top

makes 2 dozen

Directions:

Preheat oven to 350 F.

Cream together the coconut oil and sugar in a small bowl. Mix in the egg and vanilla. Add in the baking soda, salt, and cacao powder and mix until smooth. Stir in the chocolate chips. Line a baking sheet with parchment paper, and drop cookie balls onto sheet using a cookie scoop.

Bake for 10 minutes. Allow to cool for 10 minutes before sprinkling with powdered sugar.

Enjoy!

Gluten-free Dairy-free Forsted Sugar Cookies

Recipe credit: Kristen Walechka



Ingredients:

1 cup Nutiva butter flavored
coconut oil

1 cup organic cane sugar

1 pasture-raised egg

1 teaspoon organic vanilla extract

1/2 teaspoon almond extract

2 Tablespoons unsweetened
almond milk

3 cups Namaste Gluten-Free Flour
Blend

1 1/2 teaspoons baking powder

Directions:

Cream the softened coconut oil and sugar in a large mixing bowl. Add the remaining wet ingredients and continue to beat together. In a separate bowl, combine the flour and baking powder and mix thoroughly. Slowly add the flour mixture to the wet ingredients and combine well. The dough works best when chilled for about 1 hour.

Preheat oven to 350 degrees Fahrenheit. Roll out the dough onto a floured surface or onto parchment paper. Place the cookies on a cookie sheet after cutting with your favorite cookie cutters. Bake for 8-10 minutes. Let cool before frosting.

Dairy-free "buttercream" frosting

Ingredients:

1/2 cup Nutiva butter-flavored
coconut oil

1/2 cup Nutiva organic palm
shortening

3/4 cups organic powdered sugar
(depending on desired consistency)

Unsweetened Almond Milk as needed
for desired consistency

1 teaspoon organic vanilla extract

1 teaspoon almond extract

Add plant-based food coloring if
desired

Directions:

Cream together the coconut oil and shortening in a large mixing bowl. Slowly add in the powdered sugar and extracts, and continue to add sugar and milk until desired consistency is reached. Feel free to add plant-based food coloring to achieve the perfectly decorated cookies.

Enjoy!

Gluten-free
Dairy-free
Chocolate Covered
Sandwich Cookie
Truffles

Recipe credit: Kristen Walechka



Ingredients:

2 containers of Kite-Hill dairy-free
cream cheese

3 packs of Kinnikinnick Kinnitoos
Sandwich Cookies-Chocolate
Crème

1 bag of vegan dark chocolate chips

1 tsp coconut oil

Directions:

Using a food processor, pulse the cookies (1 pack at a time) into a fine mixture. Then add the softened cream cheese to the cookies and blend well.

Using a small cookie scoop, take a tsp sized ball, roll between your hands and place onto a parchment paper lined cookie sheet. Repeat this for the rest of the mixture.

Place in the freezer for about 10-20 minutes, or until they are chilled.

This should make about 50 - tsp sized truffle balls.

Melt the chocolate chips and coconut oil in a double broiler pan. Be careful not to burn the chocolate mixture. Take the chilled cookie balls out, and begin dipping into the mixture and back onto the parchment lined cookie sheet.

Chill in the fridge or freezer until set. You can either store these in an airtight container in the freezer or the fridge-depending on how long you want them to last.

Enjoy!



I hope you enjoy
these recipes with your family and
loved ones this
Christmas season.

MERRY CHRISTMAS.

Dr. Melissa

thedrmelissa.com

Facebook, Insta,

Youtube:

[drmelissavandermissen](https://www.instagram.com/drmelissavandermissen)