



FastPaleo

Top 10 Cookies

of 2012

*The Top 10 Cookie Recipes
Shared with FastPaleo in 2012*



Compiled by James Gregory & Ute Mitchell
from Recipes Submitted by Friends of FastPaleo.com

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The Best Paleo Chocolate Chip Cookies

Submitted by: [The Baboo](#)

Serves: 5 | Cooking Time: 10-12 Minutes | **Non-Dairy**

Ingredients

1 1/2 cups sifted blanched almond flour
1/4 teaspoon baking soda
1/4 teaspoon sea salt
2 tablespoons coconut oil, melted (melted, not softened)
1/2 teaspoon vanilla extract
1/4 cup maple syrup
1 whole egg
1/2 cup Enjoy Life chocolate chips

Cooking Steps

In a bowl, mix together your almond flour, baking soda, and sea salt. In a separate bowl mix together your melted coconut oil, vanilla extract, room temperature maple syrup, and room temperature egg. Incorporate your wet ingredients into your dry ingredients, then add your chocolate chips. After everything is mixed, preheat your oven to 350F and refrigerate your batter for 30 minutes. Once the 30 minutes are up and your oven is heated, line a cookie sheet with parchment paper and roll your dough into even balls-to whichever size you desire. I made mine pretty small. Put them in the oven for about 5-7 minutes, then take them out and slightly flatten them with the back of a spatula. Put them back in the oven for about 5 more minutes, or until they look done. I like to take mine out RIGHT when I see just a hint of golden brown, which is one of the best baking tips that my aunt shared with me. If you do that, they won't look done, but they are-and they'll be so soft and chewy. Even after they've cooled off! Remove from the oven and set on the counter to cool. (Recipe inspired by The Detoxinista)



Vanilla Biscotti Cookies

Submitted by: [Healthy Living How To](#)

Serves: 1 | Cooking Time: 8 Minutes | **Non-Dairy**

Ingredients

1 cup Homemade unblanched almond flour
1 cup Coconut Secret raw coconut flour
1 tsp. NOW guar gum powder
1/8 tsp Nunaturals pure white stevia extract
2 tbsp Now xylitol, non-GMO
*Note: you can sub other paleo sweetener of choice such as honey to sweeten
3/4 tbsp Rumford aluminum-free, gluten-free, non-GMO baking powder
1 pinch Celtic sea salt
1/4 cup + 2 tbsp Spectrum naturals organic non-hydrogenated shortening
2 large organic cage-free eggs
1 tbsp Vanilla extract + 1/2 c. Homemade unsweetened almond milk

Cooking Steps

Sift together all of the dry ingredients. With a pastry cutter, cut in shortening until dough is crumb-like. In small bowl, mix together wet ingredients. Add wet ingredients to dough and mix until well incorporated. Split dough into two equal parts and then roll into a log 4 inches in length, 2 1/2 inches wide and about 1 inch tall. Slice each log into 15 equal slices, each 1/4 inch. Refrigerate for 30 minutes. Place cookie slices on parchment lined cookie sheet. Bake at 425° F for 8 minutes. Remove cookies from oven, completely cool on rack before glazing.

Powdered "Sugar" Glaze: 1/4 cup NOW Xylitol, Non-GMO, 1/3 cup NOW Erythritol Granular, 1/4 tsp NuNaturals Pure White Stevia Extract Powder, 5 tsp Homemade Unsweetened Almond Milk

Directions

In Vitamix or high-powered blender, add xylitol, erythritol & stevia and whiz until powdered. Place powdered "sugar" in bowl and add milk 1 tsp at a time. Stir until thin consistency, drizzle with spoon or place in Ziploc bag, make a small snip in corner and drizzle.



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Cinnamon Parsnip Cookies with Coconut Butter Drizzle

Submitted by: [The Paleo Prize](#)

Serves: 5 | Cooking Time: 20-25 Minutes | **Non-Dairy**

Ingredients

3 parsnips, 1 tsp cinnamon, 1 tbsp vanilla, 2 eggs, 1/2 cup melted coconut oil

2 cups almond meal, 1/2 tsp baking soda, 1/2 tsp salt, 1 tbsp pumpkin pie spice

3 tbsp coconut butter

Cooking Steps

Preheat oven to 350 degrees. Peel and dice your parsnips. Steam them for about 10 minutes or until soft. In a food processor combine parsnips with cinnamon and blend until smooth. Add vanilla, eggs, and oil to parsnip puree and mix well with beaters. In a larger bowl combine all dry ingredients—almond meal, baking soda, salt, and spice. Stir wet ingredients into dry. Using a tablespoon as measure spoon dough onto a parchment lined baking sheet. Bake cookies for 20-25 minutes then allow to cool. Once cookies are cool—melt your coconut butter and drizzle it on top!

Author Bio: Jennifer at The Paleo Prize

“My name is Jennifer and I started this blog simply because eating and living a paleo/primal lifestyle is a wonderful thing that needs to be voiced, encouraged, and celebrated. The blog is titled The Paleo Prize because we are all in this for our own reasons, but I am in it to win it. My eye is on the prize – and for me personally that is optimum health and longevity.”



Almond Butter Banana Cookies

Submitted by: [Cavegirl Cuisine](#)

Serves: 5 | Cooking Time: 12 Minutes | **Non-Dairy**

Ingredients

3/4 cup creamy unsalted almond butter
1/3 cup raw honey
1/4 cup coconut flour
1/4 cup + 2T almond meal
1 banana
1 tsp baking powder
1 egg

Cooking Steps

Preheat oven to 350 degrees. In a mixing bowl, blend all ingredients until well-mixed. On a parchment-lined cookie sheet, drop small spoonfuls about 1-inch between cookies. Cook for 12 minutes until the edges start to brown. Let stand for at least 30 minutes so that the cookies can set. Enjoy!





Almond Butter Dark Chocolate Chip Cookies

Submitted by: [The Unrefined Kitchen](#)

Serves: 5 | Cooking Time: 9-12 Minutes | **Non-Dairy**

Ingredients

- 1 cup almond butter
- 1/3 cup honey
- 1 egg
- 1 tbsp vanilla
- 1/2 tsp salt
- 1/2 tsp baking soda
- 1/4 tsp baking powder
- 2/3 cup shredded, unsweetened coconut
- 1/2 cup dark chocolate chips

Cooking Steps

Preheat oven to 350 degrees. Oil baking sheets or line with parchment paper. Stir together first 7 ingredients. Mix well. Make sure honey is fully incorporated. Add coconut and chocolate chips and mix until well combined. Scoop with a cookie scoop onto cookie sheets. Bake 9-12 minutes or until lightly browned. Yield: about 20 cookies with a 2 tbsp cookie scoop.

Dark Chocolate Chip & Walnut No-Bake Coconut Cookies

Submitted by: [Raia's Recipes](#)

Serves: 5 | Cooking Time: 20 Minutes | **Non-Dairy**

Ingredients

3 tbsp coconut oil

1/3 cup honey

1/2 cup almond or other nut butter

1 tsp vanilla

2 cups shredded coconut

1/4 cup cocoa powder

1/2 cup chopped chocolate

1/4 cup chopped walnuts

Cooking Steps

In large saucepan, melt coconut oil, honey, and nut butter over low heat. Stir in remaining ingredients. Scoop tablespoonfuls of dough into balls and place on cookie sheet. Freeze for about 10 minutes, consume. Store leftovers in a covered container in the freezer.



Pistachio Bacon Chocolate Chip Cookies

Submitted by: [Christina Peteraf](#)

Serves: 5 | Cooking Time: 17 Minutes | **Non-Dairy**

Ingredients

1 cup of pistachio butter

1/3 cup of honey

1 egg

1/3 cup tapioca flour, 1/3 cup coconut flour

1/2 tsp baking soda, 1/4 tsp baking powder

1 tbsp vanilla extract

1/2 tsp salt

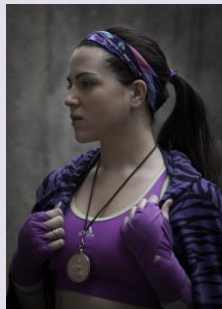
2 cups dark chocolate chips

6 slices of bacon and around 1/4 cup bacon grease

Cooking Steps

Preheat oven to 350 degrees. Cook bacon slices and chop into 1/2 inch squares or smaller. Save bacon grease to add to dough and to grease pan, if wanted. Mix all ingredients together, adding bacon and chocolate chunks last. Scoop around 1 tbsp balls of cookie dough onto a greased baking pan then press lightly to flatten. Bake for 15-18 minutes/ until lightly browned. Let cool for 10 minutes before enjoying.

yield: 18 cookies.



Author Bio: Christina Peteraf

Christina is a Muay Thai world championship finalist and instructor, equity sales analyst, jewelry maker and big-time Harry Potter fan, and she also finds time to cook up totally awesome paleo treats like these. Christina shows us how you can be a foodie and an athlete and still enjoy awesome treats.



Italian Chocolate Spice Cookies with Citrus Glaze

Submitted by: [Healthy Living How To](#)

Serves: 1 | Cooking Time: 11 Minutes | **Non-Dairy**

Ingredients

1 cup homemade unblanched almond flour + 1/2 cup coconut secret raw coconut flour
3/4 tsp NOW guar gum powder (optional)
1/4 tsp NuNaturals pure white stevia extract powder + 4 tbsp Now Xylitol, non-GMO *Or sub paleo sweetener of choice such as honey
1 tsp Rumford aluminum-free, gluten-free, non-GMO baking powder
2 tbsp Hershey's special dark cocoa powder
1/2 tsp cinnamon + 1/2 tsp cloves + 2 pinches Celtic sea salt
1/2 cup Spectrum naturals organic non-hydrogenated shortening
3 large organic cage-free eggs
1/4 cup cold coffee
1/2 tsp vanilla extract + 1/8 tsp pure lemon oil + 1/8 tsp pure orange oil

Cooking Steps

Sift together all of the dry ingredients. With a pastry cutter, cut in shortening until dough is crumb-like. In small bowl, mix together wet ingredients. Add wet ingredients to dough and mix until well incorporated. Refrigerate dough for one hour. Roll dough into one ounce balls. Place balls about 2 inches apart on parchment lined cookie sheet. Bake at 375° F for 8 minutes. Remove cookies from oven, and lightly press each one down with the bottom of a glass. Return cookies to the oven for 3 minutes. Completely cool on rack before glazing. Citrus Glaze: 6 tbsp Erythritol, Powdered, 1/4 tsp NuNaturals Pure White Stevia Extract Powder, 1 tbsp Homemade Unsweetened Almond Milk, 1 drop Boyajian Pure Lemon Oil, 1 drop Boyajian Pure Orange Oil

Directions: To powder erythritol, pulse until fine in coffee grinder, food processor or blender. Combine stevia with powdered erythritol & citrus oils and add milk 1 tsp. at a time. Stir until thin consistency, drizzle with spoon or place in Ziploc bag, make a small snip in corner and drizzle.



Pumpkin Kiss Cookies

Submitted by: [Cavegirl Cuisine](#)

Serves: 5 | Cooking Time: 10 Minutes | **Non-Dairy**

Ingredients

6 Medjool dates, pitted
1/4 cup almond meal/flour
1/4 cup pumpkin puree
1 egg
1/2 tsp allspice
1/2 tsp cinnamon
1 tsp baking powder
1/4 cup unsweetened coconut flakes
3.5 ounces of 72% dark chocolate

Cooking Steps

In a food processor, blend dates and almond meal. Pre-heat oven to 350 degrees. In a bowl, add dates, almond meal, pumpkin puree, egg, allspice, cinnamon, baking powder, egg and coconut flakes. Blend. On a parchment paper-lined cookie sheet, use about 2 tsp of the batter to form a ball and then push down in the center to create a “nest”. Do this about 15 times. Cook for 10 minutes. Melt the dark chocolate in a double boiler on low. Let cookies cool for 10 minutes. Spoon melted chocolate in the dip of each cookie. Let rest for 1 hour. Enjoy!



Vanilla Almond Shortbread Cookies

Submitted by: [Clean Eats in the Zoo](#)

Serves: 4 | Cooking Time: 6-8 Minutes | **Non-Dairy**

Ingredients

2 cups almond flour
1/4 cup tapioca flour
1/4 tsp salt
1/4 tsp baking soda
1/4 cup coconut sugar
1/2 cup organic palm shortening or coconut oil
1 tbsp pure vanilla extract
2 tsp pure almond extract

Cooking Steps

Preheat oven to 325 degrees and line a baking sheet with parchment paper. Sift dry ingredients together in a large bowl. In a separate bowl, melt palm shortening (or coconut oil). Stir in vanilla and almond extracts. Add to dry ingredients and stir until combined. The dough will be a bit crumbly. Form into a ball and place between 2 pieces of parchment paper. Roll out to about 1/4" thick and cut into desired shapes. *Note: If you're short on time, or just don't feel like rolling the cookies out, you can just form them individually by hand and flatten them. However, I think they taste better being rolled out flat...and they look prettier. Place onto baking sheet and bake for 6-9 minutes. Mine took 8. Let cool on baking sheet for 2 minutes before removing to cool on a rack. Enjoy!

