



Atkins[®] Low Carb *Holiday Cookies*





Atkins® Low Carb Holiday Cookies

As the holiday season begins, take inspiration from the cookie recipes in this e-book to make the best decisions for your health, without sacrificing enjoyment. We have included cookies to please just about any preference, from chocolate to fruit, and even included a final holiday favorite that will fill your home with scents of the season. These recipes are a great option for sharing at gatherings, or to make into a tasty gift for your host. Anyway you slice it, we hope these cookie recipes bring holiday cheer to you and yours!

Contents

Atkins Soy-Free Flour Mix	1
Holiday-Spice Roll Out Cookies	3
Atkins Cookies	5
Cardamom Butter Cookies	7
Salted Chocolate Chip Cookies	9
Chocolate Pecan Shortbread Drop Cookies	11
Keto Sugar Cookies	13
Small Batch Chocolate Chip Cookies	15
Small Batch Pumpkin Chocolate Chip Cookies	17
Keto Cranberry Shortbread Cookies	19
Blueberry White Chocolate Cookies	21
Holiday Gingerbread	23

©2021 Simply Good Foods USA, Inc.
All rights reserved. No part of this publication may be reproduced, distributed or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

While all attempts have been made to verify the information provided in this publication, neither the author nor the publisher assumes any responsibility for errors, omissions, or contrary interpretations of the subject matter herein. Adherence to all applicable laws and regulations, including international, federal, state, and local governing professional licensing, business practices, advertising, and all other aspects of doing business in the US, Canada, or any other jurisdiction is the sole responsibility of the purchaser or reader.

Any perceived slight of any individual or organization is purely unintentional.

Atkins Soy-Free Flour Mix



Yield:
3 cups



Phase:
3



Net Carbs:
17.72g



Total Time:
5 min.



Difficulty:
Easy

Ingredients

- 3/4 cup blanched almond flour
- 2/3 cup wheat gluten
- 2 ounces vanilla flavored whey protein concentrate*
- 1/3 cup coconut flour
- 1/4 cup flax meal
- 1/4 cup wheat bran

*We suggest using a protein powder with 2 or fewer net carbs per 1 ounce serving.

This low carb flour mix is the perfect start to just about any baking recipe. It has been adapted from our original recipe to be made with low carb flour alternatives available at many grocery stores.

Directions

1. In a medium bowl combine all ingredients with a whisk until evenly distributed.
2. Use immediately or store in a airtight container (or zipperbag) in the refrigerator for up to 2 weeks.



Holiday Spice Roll Out Cookies



Yield:
46 cookies



Phase:
3



Net Carbs:
2.19g



Total Time:
1 hr. 10 min.



Difficulty:
Moderate

Ingredients

- 3/4 cup unsalted butter
- 2 cups sucralose based sweetener, divided
- 2 large eggs
- 1 teaspoon vanilla
- 2 1/2 cup Atkins Soy-Free Flour Mix recipe (page 4)
- 1 1/2 teaspoon ground cinnamon
- 1 teaspoon baking powder
- 1 teaspoon instant coffee
- 3/4 teaspoon ground ginger
- 1/2 teaspoon salt
- 1/8 teaspoon nutmeg
- 2 tablespoons lemon juice
- 1 tablespoon powdered egg whites

Directions

1. Cream the butter and 1 cup sucralose on highspeed in a mixer for 3 minutes. Add the eggs one at a time until fully incorporated. Blend in the vanilla.
2. In a small bowl combine and blend the baking mix, cinnamon, baking powder, instant coffee, ginger, salt, and nutmeg. Add the dry ingredients to the egg mixture and mix on low speed for 30 seconds until a dough forms. Flatten to a disk, wrap in plastic wrap and refrigerate for at least 1 hour.
3. Heat oven to 350°F; prepare two baking sheets with parchment paper.
4. Place cookie dough between two sheets of parchment paper and using a rolling pin evenly roll dough out to just under 1/4-inch thick. Use additional baking mix to prevent sticking if needed.

5. Using a cookie cutter, cut out desired shapes (each cookie should be about 2-3 inches in length and height, about 13 grams before cooking).
6. Place equally spaced on parchment paper and bake for 10-12 minutes until lightly browned on the edges.
7. Transfer to a wire rack and allow to cool before decorating. You should have about 46 cookies total.
8. For the icing:
Using a blender, combine 1 cup of sucralose with lemon juice and egg whites (or meringue powder). Whip until stiff.
9. Decorate with a piping bag using the outlining/flooding method or as desired, adding food color and Atkins candies as decorations (candies will add additional net carbs so use sparingly).



Atkins Cookies



Yield:
36 cookies



Phase:
3



Net Carbs:
4.26g



Total Time:
30 Min.



Difficulty:
Easy

Ingredients

- 2 cups Atkins Soy-Free Flour Mix recipe (page 1)
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 cup salted butter
- 1 cup sucralose based sweetener
- 2 teaspoons vanilla extract
- 2 large eggs
- 6 ounces sugar free chocolate chips

Directions

1. Preheat oven to 350°F.

Blend flour mix, baking powder, and salt together in a small mixing bowl, set aside.
2. Mix melted butter, sugar substitute and vanilla at medium speed with an electric mixer until well blended.
3. Add eggs one at a time, mixing well after each addition. Gradually add flour mixture, beating until blended. Gently mix in chocolate chips with a wooden spoon or spatula.
4. Spoon level tablespoons of cookie dough onto a cookie sheet coated with non-stick vegetable oil spray.
5. Gently flatten cookies by pressing with hand or spatula. You should have 36 cookies total.
6. Cook for 10 to 12 minutes until lightly browned.

7. Remove from baking sheet and place cookies on a wire rack to cool. (Do not overbake cookies or they will be dry and hard.)

Each cookie is one serving.



Cardamom Butter Cookies



Yield:
25 servings



Phase:
2



Net Carbs:
2.9g



Total Time:
35 min.



Difficulty:
Easy

Ingredients

- 1 1/2 cups Atkins Soy-Free Flour Mix recipe (page 1)
- 1/2 cup blanched almond flour
- 1/2 teaspoon salt
- 1/4 teaspoon baking powder
- 10 tablespoons unsalted butter
- 1/2 cups sucralose based sweetener
- 1 large egg
- 1 tablespoon water
- 2 teaspoons vanilla extract
- 3/4 teaspoon cardamom
- 3/4 cup confectioners erythritol
- 8 teaspoons tap water
- 1/8 teaspoon ground cardamom

Directions

1. Combine Atkins Flour Mix, almond flour, baking powder, and salt in a medium bowl.
2. In the large bowl of a stand mixer, cream together room temperature butter and sugar substitute until light and fluffy.
3. Add room temperature egg, water, vanilla, and 3/4 teaspoon cardamom; beat on medium speed until combined, scraping down sides of bowl as necessary (mixture may look watery).
4. Add flour mixture a little bit at a time mixing on low speed until dough comes together.
5. Wrap dough in parchment paper, place in a resealable bag and chill in the refrigerator for 30 minutes.
6. Heat oven to 350°F.
7. Line 2 baking sheets with parchment paper.

8. Roll dough out between parchment to 1/4-inch thick; use small cookie cutters or a sharp knife to cut out shapes. You should have about 50 (9-ounce raw dough each) cookies.
9. Bake for 10 minutes, or until bottoms are golden, watching closely in the last few minutes to ensure they do not burn.
10. Cool on baking sheets for 5 minutes, then transfer cookies to a wire rack to cool completely.
11. While the cookies are cooling, in a small bowl combine the confectioners erythritol, water and 1/8 teaspoon cardamom with a fork until a paste forms.
12. Drizzle cooled cookies evenly with icing and allow to dry before storing.
13. Store in an airtight container for up to 1 week. Two cookies (or 14 g cooked dough) is one serving.



Salted Chocolate Chip Cookies



Yield:
40 cookies



Phase:
2



Net Carbs:
0.96g



Total Time:
25 min.



Difficulty:
Easy

Ingredients

- 2 cups Atkins Soy-Free Flour Mix recipe (page 1)
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 cup unsalted butter
- 1 cup truvia sweet complete
- 2 teaspoons vanilla extract
- 2 large eggs
- 4 ounces Lily's Sugar Free Chocolate Chips
- 1 teaspoon flaky sea salt

Directions

1. Preheat oven to 350°F; line baking sheets with parchment paper.
2. Blend flour mix, baking powder and salt together in a small mixing bowl, set aside.
3. In the bowl of a stand mixer, cream together room temperature butter, sweetener, and vanilla until lightened and fluffy, about 3 minutes.
4. Add room temperature eggs one at a time, mixing well after each addition.
5. Gradually add dry ingredient mixture, beating until blended.
6. Gently mix in chocolate chips with a wooden spoon or spatula (4 oz is about 2/3 of a cup).
7. Use a tablespoon measure to drop level tablespoons of cookie dough onto parchment paper lined baking sheets.

8. You should have about 40 cookies. Sprinkle with flakey salt.
9. Bake for 9 to 12 minutes or until bottoms are lightly browned, watching in the last few minutes to ensure cookies do not burn.
10. Cool on baking sheet for 5 minutes, then place cookies on a wire rack to cool. (Do not overbake cookies or they will be dry and hard.)



Chocolate Pecan Shortbread Drop Cookies



Yield:
50 cookies



Phase:
2



Net Carbs:
0.7g



Total Time:
35 min.



Difficulty:
Easy

Ingredients

- 1 cup unsalted butter
- 1/2 cup sucralose based sweetener
- 1/2 teaspoon stevia extract powder
- 1 large egg
- 2 tablespoons heavy cream
- 1 teaspoon vanilla extract
- 3/4 cup defatted soy flour
- 3 tablespoons unsweetened cocoa powder
- 1 tablespoon baking powder
- 1/2 cup chopped pecans

Directions

1. Preheat oven to 325°F.
2. With an electric mixer, beat room temperature butter, sucralose and stevia on medium speed until light and fluffy, about 4 minutes.
3. Turn speed to low and add egg, cream, vanilla extract and 1 tsp chocolate extract (optional).
4. Scrape bowl down, and then add soy flour, cocoa powder, baking powder, and pecans, mixing until just combined.
5. Drop dough by heaping teaspoonfuls onto ungreased baking sheets.
6. Bake 12 to 14 minutes, until cookies are set.
7. Cool on sheets 1 minute before transferring to wire racks to cool completely.



Keto Sugar Cookies



Yield:
4 servings



Phase:
2



Net Carbs:
2.9g



Total Time:
35 min.



Difficulty:
Easy

Ingredients

- 1/4 cup blanched almond flour
- 2 tablespoons coconut flour
- 2 tablespoons Truvia
- 1/4 teaspoon baking powder
- 1/8 teaspoon salt
- 3 tablespoons unsalted butter
- 1 teaspoon vanilla extract

Directions

1. Heat oven to 350°; prepare a baking sheet with parchment paper.
2. Into a medium bowl, sift together the almond flour, coconut flour, erythritol-stevia blend (i.e. Truvia), baking powder, and salt.
3. Use a fork to blend in melted butter and vanilla until well combined.
4. Measure out 2 packed tablespoons (or a 1 ounce cookie scoop) of dough and shape into a 1/2- 1/4 -inch thick cookie until all the dough is used. Note that the thinner you press the cookies, the crispier they will be after cooling.
5. Bake for 8-10 minutes, until golden brown around the edges, watching closely to ensure they do not burn.
6. Cool on the cookie sheet for 10 minutes and then for an additional 10 minutes on a cooling rack to allow the cookies to hold together, they will be very crumbly when hot.



Small Batch Chocolate Chip Cookies



Yield:
3 cookies



Phase:
3



Net Carbs:
6.4g



Total Time:
5 min.



Difficulty:
Easy

Ingredients

- 1/2 cup blanched almond flour
- 1 tablespoon Truvia sweet complete
- 1/8 teaspoon baking soda
- 1 pinch salt
- 1 ½ tablespoons unsalted butter
- 1/4 teaspoon vanilla extract
- 2 tablespoons Lily's sugar free chocolate chips

Directions

1. Heat oven to 350°; prepare a sheet pan with parchment paper.
2. In a small bowl, combine the almond flour, sweetener, baking soda and salt with a fork.
3. Mix in melted butter and vanilla until well combined and a dough forms. Mix in the chocolate chips.
4. Pack dough into 2 tablespoon (or 1-ounce) measure, and place on the prepared baking sheet. Use hands to flatten and form into evenly round cookies.
5. Bake for 6-8 minutes until edges are browned, watching closely in the last few minutes to prevent burning.
6. Cool on the baking sheet for 15 minutes before moving. These cookies will be fragile until fully cooled.

One cookie is one serving.



Small Batch Pumpkin Chocolate Chip Cookies



Yield:
2 servings



Phase:
2



Net Carbs:
2.3g



Total Time:
15 min.



Difficulty:
Easy

Ingredients

- 1 tablespoon coconut flour
- 1 tablespoon almond flour
- 1 tablespoon Truvia sweet complete
- ¼ teaspoon pumpkin pie spice mix
- 1/8 teaspoon salt
- 1/8 teaspoon baking soda
- 1 tablespoon pumpkin puree
- 1 tablespoon unsalted butter
- 1 tablespoon Lily's sugar free chocolate chips

Directions

1. Heat oven to 350°; prepare a sheet pan with parchment paper.
2. In a small bowl, combine the coconut flour, almond flour, sweetener, pumpkin pie spice, salt, and baking soda with a fork.
3. Mix in pumpkin puree and melted butter until well combined and a dough forms. Mix in the chocolate chips.
4. Pack dough into 2 tablespoon (or 1-ounce) measure, and place on the prepared baking sheet. Use hands to flatten and form into evenly round cookies.
5. Bake for 10-12 minutes until edges are browned, watching closely in the last few minutes to prevent burning.
6. Cool on the baking sheet for 30 minutes before moving- these cookies will be fragile until fully cooled.



Keto Cranberry Shortbread Cookies



Yield:
12 cookies



Phase:
2



Net Carbs:
2.9g



Total Time:
4 hr. 36 min.



Difficulty:
Easy

Ingredients

- 1/3 cup cranberries
- 2 tablespoons water, divided
- 2 tablespoons Truvia sweet complete
- 6 tablespoons unsalted butter
- 1/3 cup Truvia sweet complete (erythritol-stevia blend)
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon almond extract
- 1 cup blanched almond flour
- 1/4 teaspoon xanthan gum
- 1/4 cup confectioners erythritol
- 1/2 tablespoon orange zest

Directions

1. In a small saucepan over medium heat, bring the cranberries, 1 tablespoon water, and 2 tablespoons Truvia to a simmer.
2. Cook until the cranberries pop, about 10 minutes from fresh, or 15 minutes from frozen. Set aside to cool.
3. In the bowl of a stand mixer, cream together room temperature butter and 1/3 cup Truvia until lightened and fluffy.
4. Add vanilla extract, almond extract, and cranberries, mixing until well combined.
5. Add sifted almond flour and xanthan, mixing on low until just combined.
6. Create a 6-inch-long log of the dough on a sheet of parchment paper or plastic wrap and chill in the refrigerator for at least 4 hours, until very solid.

7. These cookies will spread significantly if they are not chilled adequately.
8. Heat the oven to 350° and prepare a baking sheet with parchment paper.
9. Cut the cold dough into 12 rounds, each 1/2-inch thick, and place on baking sheet cut side down.
10. Bake for 11-13 minutes, until bottom edges are golden brown. Watch closely in the last few minutes to ensure the cookies don't burn.
11. Cool on the baking sheet for 5 minutes, then gently place on a cooling rack and cool completely, about 30 minutes. These cookies will be very crumbly until completely cooled.
12. While the cookies cool, in a small bowl, use a fork to combine the confectioners erythritol and water to form a paste.
13. Dip (or drizzle) cooled cookies in the icing, applying about 4 grams icing per cookie.
14. Sprinkle the icing with orange zest and allow the icing to set.

One iced cookie is one serving. Store in an airtight container at room temperature for up to 5 days, or in the freezer for up to 3 months.



Blueberry White Chocolate Cookies



Yield:
12 cookies



Phase:
2



Net Carbs:
3.4g



Total Time:
35 min.



Difficulty:
Moderate

Ingredients

- ½ cup frozen blueberries
- ¼ teaspoon stevia extract powder
- 3 tablespoons unsalted butter
- 2 tablespoons Truvia
- ¾ cup blanched almond flour
- 2 tablespoons coconut flour
- ½ teaspoon baking powder
- ¼ teaspoon xanthan gum
- 1/8 teaspoon salt
- 60 grams Lily's white chocolate style baking chips (1/3 cup)

Directions

1. Preheat oven to 350°
2. In a small saucepan over medium heat, warm frozen blueberries and stevia extract powder until beginning to simmer, 3-5 minutes.
3. Remove from heat and allow to cool for 5 minutes.
4. In a medium bowl, cream together the butter and Truvia using an electric mixer until lightened in color and fluffy.
5. Sift together almond flour, coconut flour, baking soda, xanthan gum and salt into a small bowl.
6. Add blueberries to the butter, mixing with the electric mixer until blueberries are almost pureed and well combined with the butter.
7. Add in the dry ingredients with mixer running, scraping down the sides at least once.
8. Fold in white chocolate chips.

9. Measure out 12 rounded tablespoon-fulls (about 25 grams each) of dough onto a baking sheet.
10. Bake for 14-18 minutes, until bottoms are browned, watching closely in the last few minutes to prevent burning.
11. Cool on the baking sheet for 5 minutes, then cool on a wire rack. These are best when consumed warm.

One cookie is one serving.



Holiday Gingerbread



Yield:
10 servings



Phase:
3



Net Carbs:
7.62g



Total Time:
35 min.



Difficulty:
Moderate

Ingredients

- 1/2 cup whole wheat pastry flour
- 1/2 cup Atkins Flour Mix (recipe on page 1)
- 3 tablespoons unsweetened cocoa powder
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 teaspoon nutmeg
- 1/2 teaspoon cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 8 large eggs, separated
- 1/2 cup plus 1 tablespoon sucralose based sweetener
- 1/4 cup unsalted butter, melted
- 1/2 cup heavy cream
- 1 tablespoon grated fresh ginger
- 2 tablespoons brewed coffee

Directions

1. Heat oven to 350°F. Butter a 9-inch round cake pan.
2. Whisk wheat flour, flour mix, cocoa powder, baking powder, salt, nutmeg, cinnamon, ground ginger and cloves in a bowl to combine.
3. In another bowl, beat egg yolks and sugar substitute with an electric mixer on high speed until thick ribbons form when the beaters are lifted, 3 to 4 minutes.
4. Beat in butter until smooth.
5. Add cream, fresh ginger and coffee; beat until thoroughly combined, about 1 minute.
6. Add the dry ingredients, mixing until evenly dispersed and a batter forms.
7. With a clean mixing bowl and beaters, beat egg whites until stiff peaks form, 3 to 4 minutes.

8. Mix 1/3 of egg whites into batter to lighten. Gently fold in remaining egg whites in two additions until just combined.
9. Pour batter into prepared pan.
10. Bake until cake has risen and a toothpick inserted in the center comes out clean, 22- to 25 minutes. Cool cake in pan on a wire rack for 5 minutes.
11. Remove cake from pan and let cool completely on the rack.

If desired, whip extra cream flavored with ground ginger and sugar substitute to taste. Serve gingerbread with a dollop of flavored whipped cream.



