



MEAL PLANS  
FOR HEALTH

## Frosted Browned Butter Sugar Cookies

Prep Time: 25 minutes

Cook Time: 8 minutes

Total Time: 33 minutes

Servings: About 24 cookies

Serving Size: 1 cookie

### Ingredients:

#### For the cookies:

2 cups blanched almond flour (not almond meal)  
5 tablespoons organic, unsalted butter or organic ghee  
 $\frac{1}{4}$  cup honey or agave  
 $\frac{1}{2}$  teaspoon vanilla extract  
 $\frac{1}{4}$  teaspoon sea salt

#### For the frosting:

$\frac{3}{4}$  cup powdered sugar  
 $\frac{1}{4}$  teaspoon vanilla extract  
1-2 tablespoons organic half and half or creamer

#### Optional:

Evaporated cane juice sugar or coconut sugar  
for sprinkling.

### Directions:

1. Preheat oven to 350 degrees
2. Melt butter in a large skillet over medium-low heat; cook 6 minutes or until browned.
3. Pour butter into a large mixing bowl and let cool for 5 minutes.
4. Add the honey and  $\frac{1}{2}$  teaspoon vanilla extract to the butter and beat with an electric mixer on medium speed for 30 seconds to 1 minute.
5. Add flour and sea salt to butter mixture and stir with a spatula until it resembles a thick, creamy batter.
6. Put batter in the fridge to chill for 30 minutes – this will make it much easier to work with!
7. Place  $\frac{1}{2}$  of chilled batter/dough onto parchment paper, then place another piece of parchment on top of the dough and use a rolling pin to roll dough to  $\frac{1}{4}$  inch thickness.
8. Place remaining dough back in the refrigerator to re-chill for your second batch.
9. Cut rolled dough using your choice of cookie cutter shapes.\*\*
10. Line a baking sheet with parchment paper and place cookies 1 inch apart on the baking sheet.
11. Bake for 8 minutes or until edges are golden brown.
12. Allow cookies to cool on pan for 10 minutes and then transfer to wire rack.
13. Repeat steps 7-12 using the remaining  $\frac{1}{2}$  of batter for your second batch of cookies.
14. While cookies cool, make the frosting by whisking ingredients well in a small bowl. Once cookies are completely cooled and slightly hardened you will frost them.
15. To frost, use a teaspoon and drizzle about  $\frac{1}{2}$  teaspoon of frosting in the center of one cookie. Use the back of the spoon to smear the frosting over the cookie towards the edges.
16. Sprinkle with coconut sugar or evaporated cane juice sugar (optional).
17. Allow frosting to harden, about 5-8 minutes before eating these delicious treats! ☺

### Tips and Tricks:

\*\*This dough will not be quite the same as your traditional sugar cookie dough; it is a bit more ‘finicky’ to work with. Once you have it rolled and your cutouts are made, I recommend transferring your cookies to the sheet using a flat, smooth spatula instead of your fingers to prevent your ‘fun shapes’ from ripping apart.

### Nutritional Information Per Serving:

Calories: 100.8  
Fat: 7.1 g  
Cholesterol: 6.7 mg  
Sodium: 7.2 mg  
Total Carbohydrate: 8.7 g  
Dietary Fiber: 1.0 g  
Sugars: 6.9 g  
Protein: 2.1 g