



HOLIDAY THUMBPRINT COOKIES

By Dr. Cindy Tanzar
(Special Occasions)

These festive almond flour thumbprint cookies are a nostalgic holiday treat—lightly sweetened, nutty, and filled with your favorite fruit spread. Made without refined sugar, they're perfect for special occasions when you want to stay on track without missing out.

Makes 12-15 cookies.



INGREDIENTS

- 1 pastured egg
- 1/2 cup Kerry Gold butter, softened
- 1 tsp. pure vanilla extract
- 2 cups almond flour
- 2/3 cup Swerve Confectioners



Pinch of pink Himalayan salt

1/2 tsp. baking powder

1/2 cup finely chopped walnuts

Fruit juice sweetened raspberry, strawberry or flavor of choice all-fruit spread

(Polaner All Fruit Spreadable Fruit and Smucker' Simply Fruit are found on Amazon and many grocery stores. Can use other brands, as well)

DIRECTIONS

Preheat oven to 375°F. Combine egg, butter, vanilla, almond flour, Swerve, salt, and baking powder in a medium bowl. Mix well until dough is formed.

Place chopped walnuts on a small plate. Roll dough into 1.25-1.5-inch balls (makes 12-15) and roll in the walnuts to coat. Place on a large parchment-lined cookie sheet.

Bake for 8 minutes. Remove from oven and press a small dent into the center of each cookie. Place 1 tsp. of fruit spread into each dent. Return to oven and bake an additional 10 minutes.

Remove cookies from oven and keep on cookie sheet to cool on a rack for 30 minutes. They are very fragile until cool.