

A close-up photograph of a broken cookie on a white paper liner. The cookie is split into two halves, revealing a thick, dark chocolate sauce filling the center. The cookie is topped with coarse sea salt flakes. The background is a white paper liner with scattered chocolate shavings and crumbs. In the top left and bottom right corners, there are pieces of a chocolate bar in a wrapper.

# cookies

## ON DEMAND

7 Single-Serve Cookie Recipes  
that You can Have Everyday by

**YASMEEN ALI**

# Contents

- 3 Introduction
  - A quick overview of this book and why you can eat these cookies everyday*
- 7 Holiday Cookie Pantry
  - Pantry staples you need so you really can have cookies on demand*
- 13 Substitutions and Allergies
  - Here I outline substitutions for different allergies and dietary preferences*
- 17 Cookie Recipes
  - Healthy and delicious single-serve holiday cookies to brighten your day*
- 33 About Yasmeen
  - A little bit about who I am and my philosophy around healthy eating*



# Introduction

---

*How can a cookie be healthy??*

So you're thinking eating cookies everyday for dessert is not good? It's unhealthy? It's going to make you sick, etc.? Well, I'm here to tell you something different!

One of the biggest questions people ask is "How can you eat dessert everyday? Isn't that super unhealthy?" The problem with this is that most of society associates processed foods and unhealthy habits with dessert. However, most people fail to see that dessert can be healthy and taste exactly like the real thing!

My philosophy is very simple when it comes to treats. Life is too short to not enjoy dessert, but long enough that you should eat nutritious dessert. Essentially, there needs to be a balance.

It's definitely not healthy to eat processed cookies everyday - although they can be enjoyed a few times a year as a little treat. That being said, the recipes featured here are just a few of my favorite cookie recipes for after lunch or after dinner. They are guaranteed to satisfy your sweet tooth.

Every single recipe is made using whole foods, packing these cookies with nutrients, minerals and fiber. But don't be fooled, they taste just as good as store-bought cookies. They just happen to be refined-sugar free! As with everything, please keep in mind that too much of anything is never good, so practice moderation.



# THE HOLIDAY PANTRY FOR **cookies**



I personally find it so helpful to know the staple ingredients I'll need for a recipe. Which is why I came up with the concept of the Holiday Cookies Pantry. In this list, you'll find the staple ingredients you'll need to make all, yes all, these cookie recipes. Plus, I've included a few substitutions in case you don't have these staples on hand.

Additionally, because finding healthy plant-based cream cheese and chocolate can be difficult, I've also included my go-to brands that are healthy and have no added nasties like emulsifiers or fillers. You're welcome ;)

# Dry Pantry Staples

## Spelt Flour:

Should be a staple in any pantry. It's a great way to get that traditional "wheat" taste in baked goods, but it's so much healthier. You can find this flour at almost every grocery store and easily order it online.

## Almond Flour:

Is so delicious and helps give cookies a gooey and fluffy mouthfeel. Plus, it's packed with so many nutrients. One thing to note about almond flour is that you should buy blanched almond flour for the best texture.

## Pink Himalayan Salt:

You can use any salt you like, but keep in mind that if you're using fine sea salt, to use less since the granules are smaller. So it'll be more salty than pink salt.

## Leaveners:

Are essential to making the perfect cookie. One crucial tip I have for you is to make sure your baking soda and baking powder isn't expired, because it'll leave your cookie flat and dense.

## Coconut Sugar:

Is a great refined-sugar free option to replace cane sugar. Plus, it adds a nice note of caramel flavor to the cookie as well.

## Dutch Processed Cocoa Powder:

The main reason I always recommend using dutch processed cocoa powder is because it has a much more fudgy and rich chocolate flavor than regular cocoa or cacao powder.

## Dark Chocolate:

For all of these recipes, I like using Evolved semi-sweet chocolate chips and regular chocolate, as they're both sweetened with coconut sugar and have zero emulsifiers or nasty ingredients.

## White Chocolate:

I know it can be hard to find vegan white chocolate that's sugar-free or at least re-fined-sugar free. But, Evolved chocolate has an amazing white chocolate that tastes exactly like regular dairy white chocolate and happens to be vegan and refined-sugar free!



# Wet Pantry Staples

## Date Syrup:

Not only does date syrup make a great refined-sugar free sweetener, but it's also packed with a host of nutrients. Plus, it gives the cookie an undertone of caramel flavor!

## Cashew Milk:

While I use cashew milk (recipe is on the blog) in these cookie recipes, you're more than welcome to use any type of plant milk you like. Such as soy, almond or oat milk.

## Coconut Oil:

Is essential to getting the perfect cookie texture, think crispy edges and a fudgy middle. One thing to note, is that all of these cookie recipes that use coconut oil, use solid coconut oil, not melted or liquid.

## Nut Butter:

Replaces butter in these healthy cookie recipes and adds in tons of healthy fats and nutrients. Keep in mind that different nut butters have a more runny consistency than others, so you'll need to adjust the water/milk ratio accordingly.

## Extracts

In all of these cookie recipes, there are three key extracts that are super important; vanilla, mint/peppermint, and almond extract. They are relatively inexpensive and last years in your pantry. Plus, they not only are great for these cookie recipes, but also for adding into your daily oatmeal!



As I said earlier, the most important component to making these cookies as healthy as they can be is sourcing good quality, organic and whole-food ingredients. What I mean by this is using ingredients that don't have any, and I mean any, added cane sugar, added oils, emulsifiers (xanthan gum, soy and sunflower lecithin) or any added natural or artificial flavors. Good ingredients are crucial to helping you feel your best, even when making a cookie. Because if you made these same cookie recipes with ingredients that had added oil and cane sugar, it would no longer be a healthy cookie. So source good quality, healthy ingredients. Sunflower butter should only contain sunflower seeds. Coconut sugar should only have coconut sugar. Chocolate chips should only have cacao, cacao butter and coconut sugar. You get the picture. Be mindful of what ingredients you are using and I promise that you'll feel the difference immediately!

# S

One of the greatest pet peeves of mine is that so many cookbook recipes are so rigid, they're no substitutions, no leeway for mistakes, no room for baking with the ingredients you have on hand. I truly feel like this takes away from the essence of baking as well as the fun!

However, I have come up with a solution to this. A complete guide to substituting ingredients, specific to the ingredients you'll find in these recipes. I want to make this as easy and efficient for you as possible. Which is why I included this guide on adapting recipes, based on the ingredients you have in your kitchen.

---



## Coconut Sugar

lakanto granulated monk fruit sugar, erythritol, date sugar

## Spelt Flour

all-purpose flour, whole wheat flour, 1:1 gluten-free flour

## Coconut Oil

grapeseed oil, avocado oil, vegetable oil, melted vegan butter

## Date Syrup

any sticky liquid sweetener such as maple syrup, honey (if you're plant-based) or a sugar-free syrup

## Cashew Milk

almond milk, soy milk, oat milk or any plant milk

## Almond Butter

cashew butter or any runnier nut butters work well

## Sun Butter

peanut butter, almond butter, or any thicker nut butter



I get it - it seems like almost every recipe out there is so delicious and looks amazing...and then it has some ingredient in it that you're allergic to, gluten being the main one. Well, good news!

While these cookies may use spelt flour, it can easily be swapped out for a gluten-free flour blend. I'll outline different ways to substitute for the spelt flour to make these single-serve cookies 100% gluten-free!

**But I'm allergic to nuts, what do I use instead of almond flour?** If you're allergic to nuts and can't use the almond flour in the cookie recipes that use it, you can swap it out for oat flour. If the recipe calls for 2 tbsp of almond flour, you can use 2 tbsp of oat flour - it's a simple 1:1 swap.

- **1:1 Gluten-Free Flour Blend:** There are so many amazing gluten-free flour blends out there, but my top two that I recommend are the Bob's Red Mill 1:1 GF flour blend, and the King Arthur GF flour blend. Both of these can easily be ordered directly off the brand's site or Amazon.
- **GF Oat Flour:** While you're more than welcome to buy a gluten-free flour blend or GF oat flour from the store - I have a money-saving hack for you. Purchase GF oats from the store, they're pretty inexpensive, pop them into your blender or spice grinder and blend until it becomes a super fine oat flour. That's it! You've got gluten-free oat flour!
- **Buckwheat flour:** Despite the name (which can scare off people), buckwheat is gluten-free and works well as a flour alternative. Keep in mind that this flour is highly absorptive, so you may need to add more liquid than called for in the recipe.
- **Millet Flour:** This mild, slightly nutty flour is the perfect replacement for spelt flour. Plus, you can use it in quick breads (like banana bread) or pancakes so it doesn't go to waste.
- **Cassava flour:** This root vegetable (also called yucca) makes a great basic flour. It's a carb-heavy flour that is similar to wheat, but not as grainy or gritty as other flours, which can make it a great substitute for a variety of baked goods.
- **Coconut flour:** This highly absorbent flour can make baked goods light and fluffy. But be aware that you'll need to use less flour than called for in the recipe. Aim for about  $\frac{1}{4}$  to  $\frac{1}{3}$  as much coconut flour as the spelt flour. So if the cookie recipe calls for 4 tbsp of spelt flour, start with 2 tbsp and add more if needed.



# Recipes



- 17 Levain Cookies
- 19 White Chocolate Macadamia Cookies
- 21 Chewy Gingerbread Cookie
- 23 Almond Biscotti Cookie
- 25 Hot Cocoa Cookie
- 27 Peppermint Oreo Cookie
- 29 Healthy Kisses Cookie

# Chocolate Chip Levain Cookie

Prep Time  
5 min

Bake Time  
8 min

Total Time  
13 min

Plant Score  
7

## Ingredients:

- 1 tbsp (19g) Sunflower Butter
- 2 tsp (10g) Coconut sugar
- 4 tsp (18g) Cashew Milk
- ⅛ tsp Vanilla extract
- ¼ tsp Baking powder
- ⅛ tsp Baking Soda
- ⅛ tsp Pink Salt
- 2 tbsp (20g) Spelt flour
- 2 tbsp (12g) Almond flour
- 2 tbsp Chocolate chips

## Method:

1. Preheat the oven to 350° and line a tray with parchment paper.
2. In a bowl, combine the sunflower butter, coconut sugar, cashew milk, vanilla extract, baking powder, baking soda and salt. Whisk well.
3. Add in the spelt flour and almond flour and mix until just combined. Then, add in the chocolate chips and mix again to combine.
4. Squish the dough together and form into a ball. Then, place the dough on the prepared parchment sheet and press it out into a circular cookie shape, about ¼" thick.
5. Bake the cookie for 8 minutes until slightly puffed. It may seem undercooked, but that's what you're going for. Let cool for 2 minutes, top with flaky salt and enjoy with a glass of cold cashew milk.



# White Chocolate Macadamia Cookie

Prep Time  
5 min

Bake Time  
10 min

Total Time  
15 min

Plant Score  
6

## Ingredients:

- 1 tbsp (18g) Date syrup
- 1 tbsp (17g) Sunflower Butter
- 1 tsp (4g) Cashew milk
- ¼ tsp Baking powder
- ¼ tsp Salt
- ¼ tsp Vanilla extract
- 4 tbsp (30g) Spelt flour
- 1 tbsp Macadamia nuts, roughly chopped
- 1 tbsp chopped Vegan white Chocolate (measure with your heart)

## Method:

1. In a bowl, combine the date syrup, sunflower butter, cashew milk, baking powder, salt and vanilla extract. Whisk well.
2. Add in the spelt flour and mix until just combined. Then, add in the chopped macadamia nuts and white chocolate and mix to combine.
3. Squish the dough together and form into a ball. Then, place the dough on the prepared parchment sheet and press it out into a circular cookie shape, about ¼" thick.
4. Bake the cookie for 10 minutes until slightly puffed. Let cool for 2 minutes, top with flaky salt and enjoy with a glass of cold cashew milk.



# Chewy Gingerbread Cookie

Prep Time  
5 min

Bake Time  
8 min

Total Time  
13 min

Plant Score  
8

## Ingredients:

- 2 tsp (12g) Coconut Sugar
- 2 tsp (10g) Coconut oil
- 1 tsp (9g) Molasses
- 2 tsp (9g) Cashew milk
- ⅛ tsp Baking soda
- ½ tsp Cinnamon
- ⅛ tsp each Nutmeg, Ginger, Cloves
- ⅛ tsp Vanilla extract
- ⅛ tsp Salt
- 3 tbsp (25g) Spelt flour

## Method:

1. Preheat the oven to 350° and line a tray with parchment paper.
2. In a bowl, combine the coconut sugar, coconut oil, molasses, cashew milk, baking soda, cinnamon, nutmeg, ginger, cloves, vanilla extract and salt. Whisk well.
3. Add in the spelt flour and mix until just combined.
4. Squish the dough together and form into a ball. Then, place the dough on the prepared parchment sheet and press it out into a circular cookie shape, about ¼" thick.
5. Bake the cookie for 8 minutes until slightly puffed. Let cool for 2 minutes, top with flaky salt or extra coconut sugar and enjoy with a glass of milk or tea.



# Almond Biscotti Cookie

Prep Time  
5 min

Bake Time  
8 min

Total Time  
13 min

Plant Score  
5

## Ingredients:

- 2 tsp (8g) Coconut sugar
- 2 tsp (14g) Almond butter
- 1 ½ tsp (5g) Water
- ¼ tsp Baking powder
- ⅛ tsp Baking soda
- ⅛ tsp Salt
- ¼ tsp Almond extract
- 1 tbsp (10g) Spelt flour
- 2 tbsp (15g) Almond flour
- Flaked almonds for topping

## Method:

1. Preheat the oven to 350° and line a tray with parchment paper.
2. In a bowl, combine the coconut sugar, almond butter, water, baking powder, baking soda, salt and almond extract. Whisk well.
3. Add in the spelt flour and almond flour. Mix until just combined.
4. Squish the dough together and form into a ball. Then, place the dough on the prepared parchment sheet and press it out into a circular cookie shape, about ¼" thick.
5. Bake the cookie for 8 minutes until slightly puffed. Let cool for 2 minutes, top with flaky salt and enjoy with a glass of milk or tea.



# Hot Cocoa Cookie

Prep Time  
5 min

Bake Time  
10 min

Total Time  
15 min

Plant Score  
6

## Ingredients:

- 1 tbsp (17g) Date syrup
- 1 tbsp (18g) Vegan Yogurt
- ⅛ tsp Vanilla extract
- ⅛ tsp Dandy blend (sub with instant coffee powder)
- ⅛ tsp Baking powder
- ⅛ tsp Baking soda
- ⅛ tsp Kosher salt
- 2 tbsp (17g) Spelt flour
- 1 tbsp (9g) Cocoa powder
- 1 square of vegan Milk Chocolate

## Method:

1. Preheat the oven to 350° and line a tray with parchment paper.
2. In a bowl, combine the date syrup, vegan yogurt, vanilla extract, dandy blend (or instant coffee powder), baking powder, baking soda and salt. Whisk well.
3. Add in the spelt flour and cocoa powder. Mix until just combined.
4. Squish the dough together and form into a ball. Then, place the dough on the prepared parchment sheet and press it out into a large circle. Place the chocolate square in the middle and wrap the dough around it, closing off any cracks and smoothing down the seams where the dough meets. Make sure the chocolate is nicely sealed in the cookie, otherwise it'll ooze out while baking.
5. Bake the cookie for 10 minutes until slightly puffed. Let cool for 2 minutes, top with flaky salt and enjoy with a glass of milk!



# Peppermint Oreo Cookie

Prep Time  
5 min

Bake Time  
10 min

Total Time  
15 min

Plant Score  
6

## Ingredients:

- 2 tsp (10g) Coconut oil
- 2 tsp (11g) Coconut sugar
- 1 ½ tsp Water
- ⅛ tsp Baking soda
- ⅛ tsp Baking powder
- ⅛ tsp Salt
- ¼ tsp Peppermint extract
- 2 tbsp (17g) Almond flour
- 1 tbsp (5g) Cocoa powder
- 1 tbsp (9g) Spelt flour
- 1 square White Chocolate, melted

## Method:

1. Preheat the oven to 350° and line a tray with parchment paper.
2. In a bowl, combine the baking soda, baking powder, salt, water, coconut oil, coconut sugar and peppermint extract. Whisk well.
3. Add in the spelt flour, cocoa powder and almond flour. Mix until just combined.
4. Squish the dough together and form into a ball - the dough will be oily and slick. Place the ball of dough on the prepared cookie sheet. Press the cookie down, using your fingers to spread it out until it's about ¼" thick, 2 cm.
5. Bake the cookie for 10 minutes until slightly puffed. During this time, melt 1 square of white chocolate. Alternatively, if you want to save yourself the trouble of melting chocolate, you can place the square of white chocolate on the oreo cookie 1 minute before the cookie is done, at the 9 minute mark, and let it melt like that.
6. Once the cookie is done, drizzle the melted white chocolate over top, sprinkle with flaky salt and enjoy!
7. You can top with crushed freeze-dried raspberries, but they are really only for presentation.



# Thumbprint Cookie

“healthy blossom cookie”

Prep Time  
5 min

Bake Time  
8 min

Total Time  
13 min

Plant Score  
5

## Ingredients:

- 1 tbsp (15g) Date syrup
- 1 tbsp (16g) Sunflower Butter
- 1 tsp (4g) Cashew milk
- ⅛ tsp Baking soda
- ⅛ tsp Vanilla extract
- ¼ tsp Salt
- 3 tbsp (18g) Almond flour
- 1 tbsp (8g) Spelt flour
- 1 square of Chocolate, cashew milk chocolate

## Method:

1. Preheat the oven to 350° and line a tray with parchment paper.
2. In a bowl, combine the date syrup, sunflower butter, cashew milk, baking soda, vanilla extract and salt. Whisk well.
3. Add in the almond flour and spelt flour. Mix until just combined.
4. Squish the dough together and form into a ball - the dough will be oily and slick. Place the ball of dough on the prepared cookie sheet. Press the cookie down, using your fingers to spread it out until it's about ¼" thick, 2 cm. Make a large thumbprint in the middle of the cookie, big enough to fit the square of chocolate in.
5. Bake the cookie for 8 minutes until slightly puffed. Once the cookie is done, place the chocolate in the center and press down to really insert the chocolate square in the cookie. Let the cookie cool for 5 minutes to allow it to set and melt the chocolate.





# About Yasmeen

I'm a plant-based blogger and food photographer currently living in Northern California. From the earliest age, I have always loved cooking and creating in the kitchen - didn't we all as kids? Later it developed into a passion and place of calm. It was from this place of passion that Munching with Mariyah was born.

Through the MWM community, I was able to reach thousands of like-minded individuals and share my knowledge on plant-based food, recipes and living. It is through you, my amazing friends, that I have been able to share and do what I love most - share easy and healthy recipes that make you feel your best.

My philosophy around food is twofold - and super simple! Everything in moderation and mostly plants. I always strive to apply this same philosophy to my recipes and personal lifestyle. However, I believe that if you approach food in a peaceful and non-judgmental way, your diet can encompass all foods. There is a place for those candy bars and chips - trust me!

It is my hope that my recipes will inspire you to continue to eat more plants or inspire you to eat more plants than you already do. Additionally, I try to avoid including calories and nutrients in my recipes for the sole sake of not breaking food down into rigid boxes of micro and macro nutrients. Because food is so much more than just calories! Food is more than just sustenance, it's a social aspect of our lives, it's pleasure and it's about nourishing your soul and not just your cells!

- *yasmeen*

