

ONE BITE

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Vegan Magazine

Nov/Dec 2019

20 FESTIVE RECIPES
for **THANKSGIVING**
& **CHRISTMAS**

STAYING HEALTHY
OVER THE HOLIDAYS
with a *plant-based diet*

WIN A COPY OF VEGAN HOLIDAY COOKING

+ RECIPES

ONE EZ TOFU PRESS
TO GIVE AWAY

WIN ARTISANAL CHOCOLATE from XOCOLATL SMALL BATCH CHOCOLATE

VEGAN EATS & DRINKS
for your New Year Party

NOT ONE, BUT TWO
»» **READER GIVEAWAYS!** ««

Vegan Christmas Sugar Cookies

Sara - Sweet Vegan Sara

These vegan Christmas sugar cookies are soft, sweet, and such a fun holiday baking tradition! They're made with just 5 healthy ingredients, gluten free and fruit sweetened.



Sara —

Sara is the recipe developer behind sweetvegansara.com. Her goal is to inspire others to adopt a vegan lifestyle for their health and wellbeing of the planet. On her website, you'll find a bunch of recipes for classic treats re-designed using healthy, wholesome ingredients.

Website: sweetvegansara.com

Facebook Pinterest Instagram

INGREDIENTS

- 2 c almond flour
- ½ c rolled oats, ground into flour
- 1 c date sugar
- ½ c unsweetened applesauce
- 2 tsp vanilla extract
- Optional: melted chocolate, vegan yogurt or vegan frosting to decorate, plus any sprinkles/desired toppings

INSTRUCTIONS

1. Preheat the oven to 350 degrees.
2. In a large bowl, mix the almond flour, oat flour, and date sugar. Be sure to break up any lumps in the almond flour or date sugar before measuring - you can use a sifter if you have one! I just use a fork and make sure there are no large clumps.
3. Add the applesauce and vanilla extract, and stir to combine into a thick dough.
4. On a piece of parchment paper, spread the dough into an even layer, about ½ inch.
5. Use cookie cutters to cut out shapes and set them on a lined baking sheet (I use silicone baking mats which work great).
6. Continue re-forming the dough into a ball and an even layer to cut out as many cookies as you can. The number you will get will depend on your cookie cutters, I got about 16 cookies.
7. Bake the cookies for 20 minutes, then let them cool completely before decorating however you'd like!
8. Store in a tupperware in the refrigerator or at room temperature. Due to the moisture and natural oil in the cookies, they will soften a bit when stored.