



HOLIDAY COOKIE RECIPES



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A gift to you from
Plant-Based Pittsburgh



CARROT CAKE TRUFFLES modified from Cooking Light (submitted by Linda Jones)

INGREDIENTS:

- 1 c. raw walnuts
- 1 c. pecans
- 1 c. Medjool dates, pitted
- ½ c. canned pineapple, drained/minced
- 1 c. shredded coconut, unsweetened (plus extra for coating)
- 1 tsp. cinnamon
- ½ tsp. gr. ginger
- ¼ tsp. nutmeg
- 1½ c. finely shredded carrots



DIRECTIONS:

1. Place walnuts, pecans, dates and pineapple in a food processor. Process until almost paste-like.
2. Add 1 c. coconut, cinnamon, ginger and nutmeg; pulse until combined. Put into a bowl.
3. Blot excess water from the carrots; add to date mixture. Stir. Form into 24 balls; roll in extra shredded coconut.
4. Chill until firm, approximately 30 minutes. Makes approximately 46 truffles using a mini cookie scoop. Can keep in freezer for a month.

FUDGY/CAKE-LIKE BROWNIES adapted from Vitamix (submitted by Linda Jones)

INGREDIENTS:

- 2/3 c. cooked sweet potato* (or 1 small)
- ¼ c. applesauce
- ½ c. almond butter
- 1 c. dates, pitted (soaked & drained)
- 1 banana
- 1/3 c. unsweetened cocoa powder
- ½ tsp. baking soda
- ½ tsp. cinnamon
- ½ c. whole wheat pastry flour
- mini chocolate chips (opt.) to mix in batter *or* melt/drizzle on top after baking & let harden.



*I leave the skin on the potato. If you have a less powerful blender, remove the skin.

DIRECTIONS:

1. Combine ingredients in Vitamix; blend 45 seconds, using tamper. The mixture is very thick. You may need to add a few tablespoons of water or plant milk.
2. Pour into a parchment paper-lined 8" or 9" square pan. Make sure the parchment paper comes up on all sides for easy removal.
3. Bake for 30 minutes at 350° F. until toothpick inserted comes out clean. Cool in pan on rack for ½ hour, then lift from pan using parchment paper sides. Cut with a plastic knife into 16 squares; complete cooling on rack. Can be frozen.

EVERYTHING COOKIES from Jill Dalton, The Whole Food Plant Based Cooking Show (submitted by Claudia Butler) Serves: 16; Prep Time: 15 Minutes; Cooking Time: 25 Minutes

INGREDIENTS:

- 1½ c. oats
- 1 c. pitted dates
- ½ c. almond meal
- ½ c. cranberries (or dried apricots)
- ½ c. shredded unsweetened coconut
- ½ c. dairy free chocolate chips (optional)
- ½ c. macadamia, walnuts or pecans
- ½ c. goji berries
- ½ c. pumpkin seeds (pepitas)
- 1 banana
- 1 tsp. vanilla



INSTRUCTIONS:

1. Preheat oven to 350° F.
2. Add all to food processor; pulse until mixture sticks together.
3. Make into balls (makes 16 golf ball size or 24-26 smaller size).
4. Place on parchment paper-lined cookie sheet. Press cookies flat with another piece of parchment.
5. Bake for 15-25 minutes (15 for soft, 25 for a little crunch).

GINGER SNAPS #1 modified from The Oz family kitchen by Lisa Oz (submitted by Donna Whiteside)

INGREDIENTS:

- 4 T. vegan butter or mashed banana
- ½ c. organic sugar
- 1 T. ground flaxseed + 3 T. Water
- ¼ c. unsulfured molasses
- ¼ c. pure maple syrup
- 2 c. gluten-free baking mix Bob's Red Mill
- 2 tsp. baking soda
- 1 tsp. ground ginger
- 1 tsp. ground cinnamon
- ¼ tsp. fine sea salt

DIRECTIONS:

1. Preheat oven to 350° F. Line 2 large baking sheets with parchment paper.
2. Beat vegan butter and sugar together in a medium bowl about 2 minutes. Beat flaxseed egg followed by molasses and syrup.
3. Whisk baking mix, baking soda, ginger, cinnamon and salt together in a medium bowl. Gradually stir into butter mixture to make a soft dough.
4. Use 1 T. for each, shape dough into balls and drop on baking sheet 1½" apart. Bake for 15 minutes.
5. Let cool on baking sheet for 3 minutes, then transfer to wire cooling racks to cool completely.

GINGER SNAPS #2 by [Monkey & Me Kitchen Adventures](#) (submitted by Melinda Jankowiak)

DRY INGREDIENTS:

- 1 ½ c. almond flour
- 1 tsp. baking soda
- ½ tsp. baking powder
- 1 ½ tsp. ground ginger
- 1 ½ tsp. ground cinnamon
- 1/8 tsp. ground cloves
- 2 T. cornstarch
- ¼ tsp. sea salt (adjust to taste)

WET INGREDIENTS:

- ½ c. unsalted almond butter, softened
- 1/3 c. maple syrup
- 2 tsp. molasses

DIRECTIONS:

1. Preheat oven to 350 F. Place oven rack in the center position; avoid the lower oven rack.
2. Line a baking sheet with a silicone mat (or parchment paper).
3. Place DRY INGREDIENTS in a bowl and whisk to combine. Add WET INGREDIENTS to the dry ingredients, stir well to combine (no electric mixer required).
4. Take 2 T. of cookie dough and roll it in your hands to form a ball, continuing until you've used all the dough. Try to keep the cookie size uniform.
5. Flatten each ball into a round disk about ½ inch thick; place on baking sheet (space them far apart as they spread). Bake for 10 minutes.
6. After 10 minutes, remove from oven. Allow the cookies to sit on the baking sheet undisturbed for 1 minute to firm up, then transfer to a wire cooling rack. Enjoy warm!

Notes: Spoon almond flour into the measuring cup, do not pack it in. For chewier cookie: decrease or leave out cornstarch and decrease baking soda (baking soda creates a crispier cookie). Makes approximately 14-16 cookies. Use within 5 days. Freezes well.

NO-BAKE CHOCOLATE BROWNIES (from *Beyond Cancer: The Powerful Effect of Plant-Based Eating*, 2018, p. 93)

INGREDIENTS:

- 2 c. raw walnuts
- 2 c. dates, soaked in water to soften, pits removed
- 1 c. cocoa powder or raw cacao powder
- 1 T. vanilla extract
- pinch salt
- unsweetened coconut (opt.)

DIRECTIONS:

1. In blender or food processor, grind walnuts.
2. Add drained dates and remaining ingredients. Blend. If more moisture is needed, add small amount of water from dates.
3. Press into 8 x 8" pan or roll into balls, coating with unsweetened coconut for a festive appearance. For a cold treat, freeze.



RASPBERRY BARS from THRIVE Magazine (adapted by Linda Jones)

INGREDIENTS:

Crust/first layer:

- 1/3 c. almonds, unsalted
- 1/3 c. hazelnuts, unsalted
- (or other kind of nut)
- (or other kind of nut)
- 3/4 c. dates, pitted

Middle layer:

- 1 c. cashews, soak overnight or 15 min. in boiling water
- 1 T. maple syrup
- 2 T. lemon juice (juice of ½ lemon)
- 2 T. applesauce, unsweetened
- 1 tsp. lemon zest (zest 1st, then cut in half to juice)

Topping:

- 1 3/4 c. fresh raspberries
- 1 tsp. lemon juice
- 1 tsp. agar-agar (must be used)



DIRECTIONS:

1. Crust: Add crust ingredients into food processor; pulse until combined. Press crust mixture into a 9 x 5" loaf pan, lined with parchment paper. (Extend paper up sides, so that the dessert can be lifted from pan before cutting.) Place pan in freezer while preparing middle layer.
2. Middle: Start with clean processor. Rinse/drain cashews. Put in food processor with lemon juice, lemon zest, applesauce & maple syrup. Blend 'til creamy (can add 1-2 T. water for creaminess). Remove crust from freezer; gently spread cashew filling on top. Return to freezer.
3. Topping: Start with a clean processor. Blend raspberries and lemon juice in the food processor. Transfer to a small pan; heat on low/medium. Stir in agar-agar; bring to a slight simmer. Remove from heat. Pour raspberry topping over middle layer. Cool for 15 minutes, then place in freezer for 1 hour or until topping is firm.
4. To serve: remove from freezer. Thaw for 10 minutes. Lift from pan and cut into bars.

CHICKPEA & WALNUT COOKIES from sweetlikecocoa.com (submitted by Millicent Novic) 16 cookies

INGREDIENTS:

- 1 can chickpeas (15oz.) rinsed well & drained
- ½ tsp. salt
- 1 c. oat flour
- ½ tsp. cinnamon
- ½ c. date or maple syrup
- ¾ c. walnut pieces, coarsely chopped
- 1 tsp. vanilla
- ¾ c. chocolate chips, dairy free (optional)
- ½ tsp. baking powder

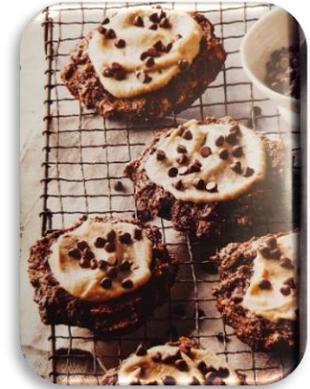
DIRECTIONS:

1. Preheat oven to 350^o F. Line a baking sheet with parchment paper.
2. In a high-power blender or food processor, process chickpeas with syrup & vanilla until smooth.
3. In a separate bowl, mix the oat flour, baking powder & salt. Add chickpea mixture, then the walnut pieces and mix.
4. Using a medium cookie scoop (1½ T.) scoop dough onto prepped cookie sheet. Flatten using your fingers or the back of the spoon. These cookies won't spread.
5. Bake 15-20 min. 'til edges are golden & bottoms begin to brown. Cool for a few minutes & enjoy!

CHOCOLATE-BANANA COOKIES from Forks Over Knives Magazine, Winter 2019, p. 94, Nancy Macklin (submitted by Linda Askren) 1 hour, makes 12 large or 36 medium size cookies

INGREDIENTS:

- 1 T. ground flaxseed
- 3 medium ripe bananas, mashed
- ½ c. date paste*
- ½ c. unsweetened applesauce
- 1 c. whole wheat pastry flour
- 1/3 c. unsweetened cocoa powder
- 1 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- ½ c. raw cashews
- ¼ c. pitted dates, chopped
- 2 half-inch banana slices
- ¼ c. grain-sweetened chocolate chips



DIRECTIONS:

1. Preheat oven to 375° F. Line two baking sheets with parchment paper or silicone baking mats. In small bowl combine ground flaxseed and 3 T. water; let stand 5 minutes.
2. In medium bowl, combine mashed bananas, date paste, applesauce, & flaxseed with water. In large bowl, combine next 5 ingredients (through salt). Stir in banana mixture just 'til moistened.
3. Drop dough into twelve ¼-cup portions, 3" apart, on prepared baking sheets. Spread slightly into 3" circles. (I made smaller cookies). Bake 8-10 minutes or until edges of cookies look firm. Cool on baking sheets on wire rack 10 minutes. Carefully transfer to wire rack to cool completely.
4. For topping, in a small food processor, combine cashews, chopped dates, and ½ c. boiling water; let stand 5 minutes. Cover and process until nearly smooth. Add banana slices. Cover and process until creamy. Spoon over cookies. Sprinkle with chocolate chips. Refrigerate in airtight container until ready to serve or up to 2 days.

* **Date Paste:** Soak 1 lb. whole pitted dates in 1 cup hot water at room temperature 6-8 hours or until most of the liquid is absorbed (or chill overnight). Place in a food processor; cover and blend until completely smooth. Place in an airtight container; refrigerate up to 1 month. Makes 2½ cups.

PUMPKIN PIE BLONDIES adapted from [allrecipes](http://allrecipes.com) (submitted by Barbara Alden)

INGREDIENTS:

- 2 c. all-purpose flour
- ½ c. white sugar
- ¼ c. brown sugar
- 1 tsp. baking powder
- 1 tsp. baking soda
- ½ tsp. ground cinnamon
- ¼ tsp. ground cloves
- ¼ tsp. ground ginger
- ¼ tsp. ground nutmeg
- ¼ tsp. salt
- 1 15-oz. can pumpkin puree
- ¼ c. applesauce
- 1 T. vanilla extract
- ½ c. raisins & chopped nuts

DIRECTIONS:

1. Preheat oven to 375° F. Use silicon or parchment paper-lined 9" square baking pan.
2. In a bowl, combine flour, sugar, bkg. powder, bkg. soda, cinnamon, cloves, ginger, nutmeg & salt.
3. Stir in pumpkin, applesauce, vanilla extract, raisins & nuts until a thick batter forms. Pour batter into a 9-inch square baking pan (silicone or parchment paper-lined).
4. Bake until a toothpick inserted in the center comes out clean, approximately 20 minutes.

OATMEAL CHRISTMAS COOKIES from Cooking with Shadya (submitted by David & Laura Olson)

INGREDIENTS:

- 1 c. rolled oats, ground into flour
- 2 c. rolled oats
- 1 c. fresh cranberries
- 1 small orange, zest & juice
- 1 can pure pumpkin purée
- 1 small ripe banana
- ¼ tsp. vanilla powder
- 1 tsp. pumpkin spice or more to taste
- ½ c. dairy free dark chocolate chips
- ½ c. unsweetened apple sauce
- ½ tsp. cinnamon

DIRECTIONS:

1. Preheat oven to 350^o F.
2. Mix well in a large bowl: rolled oats, oat flour, cinnamon, vanilla powder, & pumpkin spice.
3. In a food processor with a “S” blade, add pumpkin, apple sauce, banana, and orange zest & juice. Process until smooth.
4. Add fresh cranberries & pulse. You want to see chunks of cranberries; you don’t want it smooth.
5. Add wet ingredients to dry ingredients. Add chocolate chips and mix well.
6. Use a 1.5” scooper to scoop out mixture; with your hand, form a cookie; put on parchment paper.
7. Bake for 25-28 minutes.

LEMON BLUEBERRY BREAD from Kathysvegankitchen.com Serves: 10 (submitted by Millicent Novic)

INGREDIENTS:

- 2 c. flour
- 2 t. baking powder
- ½ t. baking soda
- ½ t. salt
- ½ c. fresh lemon juice
- 2 T. lemon zest
- ½ c. unsweetened applesauce or 1 flax egg
- ½ c. unsweetened oat or plant milk
- ½ c. maple syrup
- 1 t. vanilla
- 2 c. blueberries (reserve ½ c. for topping)

DIRECTIONS:

1. Preheat oven to 350^o F.
2. Toss blueberries in flour and set aside.
3. Place dry ingredients in a large bowl stir to combine.
4. Add remaining ingredients and stir by hand until blended. Do not over stir, creating a thick & lumpy batter.
5. Gently fold in prepared blueberries until blended.
6. Pour batter into a parchment-lined or silicone loaf-size baking pan.
7. Place reserved ½ c. blueberries on top for garnish.
8. Bake for 50-55 minutes. If using a silicone pan, check at 45 minutes.

VEGAN BLUEBERRY COOKIES FROM A CAKE MIX by Lulu Herold @ [Lulu Cooks and Tells](#)

INGREDIENTS:

- 1 box yellow cake mix or 3¾ c. of homemade cake mix (recipe below)
- 2 T. flax meal plus 6 T. water in a small bowl; set aside for 5 minutes
- ½ c. applesauce
- 1 c. frozen blueberries

DIRECTIONS:

1. Preheat oven to 350° F.
2. Line 2 cookie pans with parchment paper & spray Pam on paper.
3. Mix all ingredients in a bowl.
4. Take 2 T. of the mixture and place 2" apart on the pan.
5. Bake for 12-15 minutes.



Homemade Yellow Cake Mix adapted from [I Am Baker](#) (equals 4 boxes store-bought yellow cake mix)

INGREDIENTS:

- 9 c. flour
- 3 c. granulated sugar
- 3 c. Splenda sugar substitute
- 4½ T. baking powder
- 4 tsp. salt

DIRECTIONS: Mix ingredients in a large jar using a spoon. Shake the jar to ensure ingredients are thoroughly mixed. 3¾ cups = 1 box yellow cake mix

Homemade Yellow Cake Mix (one box)

INGREDIENTS:

- 2¼ c. flour
- 1½ c. sugar (or ¾ c. sugar + ¾ c. sugar substitute)
- 3 ½ tsp. baking powder
- 1 tsp. salt

DIRECTIONS: Mix the ingredients in a bowl. Use like you would a box of cake mix.

CARAMEL TURTLE THUMBPRINT by The Jaroudi Family (submitted by Marsha Berland)

COOKIE INGREDIENTS:

- 1½ c. oat flour
- ½ c. rolled oats
- 1 tsp. baking powder
- 2 T. flax meal
- 1 tsp. vanilla extract
- ½ c. date paste
- ¾ c. date sugar
- ¼ c. tahini

DIRECTIONS: Mix all dry ingredients together then add in vanilla, date paste and tahini. Combine until dough is formed. Take 2 T. of dough and roll into a ball, continue until all the dough is used (approx. 12 balls). Stick your thumb into the dough and fill with caramel filling.

CARAMEL FILLING:

- ½ c. date paste
- ¼ c. raw walnuts
- ¼ tsp. vanilla extract
- 2 T. nondairy milk
- 2 T. dark chocolate chips

In high-speed blender, add all ingredients. If blender does not move easily, add a tablespoon of non-dairy milk (too much will make it watery). Bake at 350° F. for 20 minutes.

CHOCOLATE BLISS BALLS from nutriciously.com/chocolate-bliss-balls/ (submitted by Lisa Ference)

INGREDIENTS:

- 2 c. dates, pitted
- 2 oz. almond meal (~ ½ c.)
- 1 oz. instant oats
- 2 oz. cocoa powder
- ½ c. almond butter
- pinch of salt
- 1-2 T. water if needed



COATINGS:

- crushed almonds
- cocoa powder
- melted chocolate (opt.)

DIRECTIONS:

1. Soak dates in a small bowl in hot water for 15 minutes if needed, then drain well.
2. Add dates along and the other ingredients—except for the water—to your food processor. Pulse and blend on low until a crumbly texture forms.
3. Increase the speed; add a splash of water if needed until mixture is sticky (1-2 minutes). If consistency is too sticky, add more almond meal or oats; if too dry, add more water.
4. Scoop mixture with a spoon or use wetted hands to shape into approximately 12 balls.
5. Add optional coatings: put cocoa powder or crushed almonds in a small bowl and roll the formed balls until evenly coated.

Can be kept in an airtight container in fridge for up to 1 week or in freezer for 2-3 months.

PUMPKIN PECAN SQUARES from drjohnlapuma.com and modified by Susan Greenberg

INGREDIENTS:

- 2 flax eggs (2 T. flax meal + 6 T. water; set aside 15 minutes)
- 2 c. whole wheat pastry flour
- ¼ c. date paste
- 1 tsp. each: baking soda and baking powder
- ½ teaspoon each: salt, cinnamon, ground ginger
- ¼ tsp. ground allspice
- 1 (15 ounce) can pumpkin
- ¾ c. canned lite coconut milk (shake well before measuring)
- ½ c. chopped pecans, toasted

DIRECTIONS:

1. Heat oven to 350° F.
2. In a large bowl, combine flour, baking soda, baking powder, salt, cinnamon, ginger and allspice; mix well.
3. In medium bowl, combine flax eggs, date paste, pumpkin and coconut milk; mix well. Add to dry ingredients; mix gently. Stir in pecans.
4. Spoon batter into a silicone or parchment-lined 13 x 9-inch baking pan.
5. Bake 25 minutes or until a wooden pick inserted in center comes out clean. Transfer to a wire cooling rack. Cut into squares.