

Free Food by Angela

2014 Holiday Cookie Guide

My Original Recipes

Dairy-free, Egg-free, Gluten-free,
Grain-free, Refined Sugar-free



Mounds Bar Cookies

Dairy-free, Egg-free,
Gluten-free, Grain-free,
Refined Sugar-free, Vegan

My Dad inspired these cookies because he loves Mounds bars, the lovely combo of chocolate and coconut. Super easy to make, very few ingredients, this is another one of my vegan, gluten-free, and grain-free cookies. Enjoy!



Double Chocolate Brownie Bites

Dairy-free, Egg-free,
Gluten-free, Grain-free,
Refined Sugar-free, Vegan

These decadant fudgy brownie bites should be outlawed, except that they are totally guilt-free. Not just gluten-free, they are grain-free! No extra carbs here, only healthy, vegan fats, this is also a paleo friendly recipe.

**MAY BE HARD TO
ONLY EAT ONE**



Chocolate Chip Cookies

Dairy-free, Egg-free,
Refined Sugar-free,
Vegan, Wheat-alternative

A traditional fan fave, will you ever tire of chocolate chip cookies? I won't. This cookie is the vegan spelt version, but you can easily make it gluten-free. Just as yummy!

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Refined Sugar-free



*Cranberry Spice
Oatmeal Cookie*

Dairy-free, Egg-free, Gluten-free,
Refined Sugar-free, Vegan

This is one of my fave, fave cookies. Flour-free, vegan, full of oats, almonds, cranberries, spice, topped with white chocolate, it packs a ton of flavor with no guilt. The ultimate breakfast cookie!



Maple Walnut Biscotti

Dairy-free, Egg-free, Gluten-free,
Refined Sugar-free, Vegan

My newest biscotti recipe, this one is vegan and gluten-free, although packed with nuts, it has little grain-flour in it. While biscotti means twice baked (which is why they are meant to get hard), we don't like ours to break our teeth in my family. No dunking necessary here!



Baci

Dairy-free, Egg-free, Gluten-free,
Refined Sugar-free, Vegan

A traditional Italian cookie, baci means "kiss." Like the pecan shortbreads, I recreated this classic butter cookie into the vegan, gluten-free version using low glycemic sugars. I still want to make a small tweak, but I think they came out terrific!



Pecan Shortbread

Dairy-free, Egg-free, Gluten-free,
Refined Sugar-free, Vegan

After years of making the traditional butter cookie version with spelt flour, and low glycemic sugars, I successfully recreated this cookie into the vegan, gluten-free version. I'm so excited to share it with you! I hope you love it, too.



*White Chocolate
Macadamia Nut*

Dairy-free, Egg-free, Gluten-free,
Refined Sugar-free, Vegan

This cookie tastes so rich and flavorful, it's hard to believe it's free of butter, eggs, and refined sugar. This cookie required numerous test batches and many tasters, but I think that together, we came to a fantastic place.
Thank you!

My Original Recipes

Dairy-free, Gluten-free,
Refined Sugar-free



Pizelles

Dairy-free, Gluten-free, Refined Sugar-free

I've been eating pizelles since I can remember. Butter, eggs, sugar, flour. How do you replace all those ingredients and still have a pizelle? I've been swapping one at a time each year. I'm up to swapping out the butter, flour, and refined sugar. This year's are dairy-free, gluten-free, and refined sugar-free. Let's see if I go for the eggs next year.

My Original Recipes

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Vegan, Wheat-alternative



Peanut Butter Chocolate Chip

Dairy-free, Egg-free, Refined Sugar-free,
Vegan, Wheat-alternative

My little bro loves all things peanut butter and when I began to modify my peanut butter cookies he was my biggest critic. This is the vegan spelt version, but I make the gluten-free version, too. Always a hit!



Vanilla Almond Chocolate Chunk Biscotti

Dairy-free, Egg-free, Refined Sugar-free,
Vegan, Wheat-alternative

A recipe I created long ago, but have continued to modify over the years. My husband loves the vegan spelt version, so that's what I made, but they are delicious gluten-free. *With so much nutmeal, they are almost grain-free!*

My Original Recipes

Dairy-free, Egg-free, Gluten-free,
Grain-free, Refined Sugar-free



Truffles

Dairy-free, Egg-free, Gluten-free, Refined Sugar-free, Vegan, Wheat-free, Soy-free

Raspberry, Drizzled with White Choc

Mint, Topped with Peppermint

White Chocolate coated Dark Chocolate Center, Dusted with Espresso Powder

Dark Chocolate, Dusted with Espresso Powder

Hazelnut, Topped with Crushed Hazelnuts

These truffles are about 67% dark chocolate, a shade under 70%, made with certified organic, vegan chocolate, no processed ingredients added. I hope you taste the love!



Decadent Dark Chocolate Fudge

Dairy-free, Egg-free, Gluten-free, Refined
Sugar-free, Vegan, Wheat-free, Soy-free

Fudge, traditionally packed with condensed milk, cream, and white sugar. I replaced those ingredients with dairy-free milks and low glycemic sugar, combined with my vegan, organic bittersweet chocolate.

WARNING: Total decadence, pairs great with red wine!

Sea Salt Barks

Dairy-free, Egg-free, Gluten-free, Refined
Sugar-free, Vegan, Wheat-free, Soy-free

Toasted nuts mixed with tempered chocolate, sprinkled with just a touch of coarse sea salt.

Pick your favorite of the three flavors.

BEWARE: HIGHLY ADDICTIVE

Dark Chocolate Almond, Dark Chocolate Hazelnut
White Chocolate Macadamia Nut

Ingredient Notes

Unrefined Sugars Used:

- Organic Coconut Palm Sugar
- Organic Maple Syrup
- Organic Maple Sugar
- Organic Agave Nectar

Flours Used:

Gluten-free Flour Blend: Organic brown rice flour, organic white rice flour, organic sweet rice flour, organic tapioca flour, organic potato starch, xanthan gum.

Organic Almond Flour: Blanched, skinned, finely ground almonds (no fillers or additions, almonds only)

Organic Coconut Flour

Organic Spelt Flour (The FDA categorizes spelt as wheat BUT many people with a wheat allergy, myself included, digest spelt without the side effects wheat causes.)

Egg Replacers Used:

- Organic Silken Tofu
- Organic Chia or Flax Seeds
- Organic Unsweetened Applesauce

Non-Dairy Butter & Fat Substitutes Used:

- Organic Earth Balance (vegan and gluten-free)
- Earth Balance Non-Hydrogenated Shortening (vegan and gluten-free)
- Organic Coconut Oil
- Grapeseed Oil

Non-Dairy Milks Used:

- Unsweetened Coconut Milk
- Unsweetened Soy Milk
- Unsweetened Chia/Flax/Rice Milk

Chocolate Used:

- Certified organic, vegan, dairy-free, soy-free, bittersweet chocolate
- Dairy-free, gluten-free, soy-free morsels
- I use Nielsen-Massey vanilla and flavorings, which are gluten-free.