

THE Holiday COOKIE COLLECTION

A Healthier Way to
Indulge the Holiday Season



A PainlessNutritionals.com Publication

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Disclaimer

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Cookies

Caramel Shortbread

INGREDIENTS

For the Base

3 cups oat flour
½ cup rice flour
½ cup coconut oil, melted
½ cup maple syrup

Middle Layer

2 cups dates
1 tsp vanilla extract
2 tsp coconut oil
2 tbsp coconut milk powder
1-2 tbsp water

Chocolate Top

½ cup cocoa butter drops
1 cup chocolate drops, raw
2 tbsp agave syrup



DIRECTIONS

Preheat oven to 400 F. Line a medium rectangle or square baking tin (roughly 11 x 8 inch) with baking paper.

To make the base, mix the flours, coconut oil and maple syrup together and press into the baking tin. Bake in the oven for 20 minutes until crisp and lightly colored. Leave to cool in the tin.

To make the middle layer, place dates, vanilla and oil in a high-speed blender and blend until the dates are quite soft and broken down. You may need to scrape down the sides a couple of times. Add the milk powder and enough water to form a thick, spreadable paste.

Spread the date paste over the cooked bottom layer and leave to one side.

In a bowl over a simmering saucepan of water, melt the cocoa butter and chocolate drops together. When the drops have melted and become smooth, stir in the agave syrup.

Pour over the top of the date paste and tilt the pan to ensure an even covering. Place in the fridge for 1-2 hours until the chocolate has set, then cut into 12 fingers.

Store in the fridge for up to 1 week.

SERVES 6-12

NUTRITION INFORMATION: Calories: 449 Fat: 18.5g Carbs: 65g Protein: 9.5g

Christmas Florentines

INGREDIENTS

½ cup pumpkin seed butter
 ½ cup dates
 ¼ cup coconut oil
 ½ cup maple syrup
 1 tsp vanilla extract
 ½ cup flax seeds
 ¼ cup coconut milk powder
 (or other nondairy creamer)
 1 cup hemp seeds, hulled

Topping

¼ cup cocoa butter drops
 ½ cup chocolate drops, raw
 1 tbsp agave syrup



DIRECTIONS

Preheat oven to 375 F and line a baking tray with baking paper or silicone.

In a food processor, blend the dates with the pumpkin seed butter, coconut oil, and maple syrup. Add the vanilla, flax, milk powder and hemp seeds and blend briefly to combine. Don't overmix, as you want the hemp seeds to remain coarse.

Flatten the mixture out until thin (1/4 inch). This is easiest to do between two sheets of cling film and using a rolling pin. Cut out 15 round disks from the mixture and place on the baking tray. Try to keep your hands damp when handling as it will be less sticky. Press down a little to thin and place the tray in the oven. Bake for 10-12 minutes until cooked through and crisp.

Cool on a wire rack.

Place the cocoa butter drops and chocolate drops in a bowl over a saucepan of simmering water and stir until melted. Stir in the agave. Drizzle the chocolate all over the cooled Florentines. Leave to set in the fridge.

SERVES 8-16

NUTRITION INFORMATION: Calories: 222 Fat: 14.5g Carbs: 19.5g Protein: 5g

Christmas Pudding Cookies

INGREDIENTS

1 cup mixed dried fruit
1 ripe banana, mashed
½ orange zest and juice
½ tsp ground cinnamon
1 tsp allspice
1 tsp ground ginger
4 tbsp agave syrup
1 tbsp raw cocoa powder
1 cup gluten free flour
½ cup buckwheat flour
2 tbsp coconut oil

DIRECTIONS

Preheat oven to 400 F. Line a baking sheet with baking paper or silicone.

Mix all of the ingredients together until well combined.

Scoop 12 individual spoonfuls of the mix onto the baking sheet. Don't make these too flat. They need to be quite chunky looking.

Bake in the oven for 15-16 minutes until really crisp.

Cool on a wire rack, then store in an airtight container for up to a week.



SERVES 6-12

NUTRITION INFORMATION: Calories: 129 Fat: 2g Carbs: 29g Protein: 1g

Orange and Cardamom Stars

INGREDIENTS

½ cup white or brown rice flour
½ cup tapioca flour
1 heaped tbsp of ground flax seed
1 orange, zest only
1 tsp ground cardamom
2 tbsp coconut oil
2 tbsp maple syrup
1 tsp vanilla extract

DIRECTIONS

Preheat oven to 375 F. Line a baking sheet with silicone or baking paper.

Mix all of the ingredients together until it just forms a dough. Don't overmix as the pastry will become tough.

Roll out between two sheets of cling film to about ¼ inch thick. Using a star cookie cutter, cut out 16 star shapes and place on the baking sheet.

Bake in the oven for 14-15 minutes until really crisp and lightly colored. Undercooking these will make them a bit tough so bake until they have dried out thoroughly.

Cook on a wire rack and store in an airtight container for up to 1 week.



SERVES 8-16

NUTRITION INFORMATION: Calories: 120 Fat: 2g Carbs: 12.5g Protein: 0.5g

Gingerbread Christmas Trees

INGREDIENTS

2 eggs beaten
1 cup gluten free flour
½ cup quinoa flour
3 tbsp coconut oil
2 tsp ground ginger
1 tsp all spice, ground
½ tsp ground nutmeg
⅓ cup honey

DIRECTIONS

Preheat oven to 375 F. Line a baking sheet with silicone or baking paper.

In a bowl, mix all of the ingredients together until just combined. Don't overmix. Leave in the fridge briefly if it is too soft to cut out.

Roll between two sheets of cling film to a thickness of about ½ inch. Cut out 18 Christmas tree shapes with a cookie cutter. Place on the baking sheet and cook for 14-15 minutes until lightly colored and crisp.

Cool on a wire rack and store in an airtight container for up to a week.



SERVES 9-18

NUTRITION INFORMATION: Calories: 96 Fat: 3g Carbs: 14g Protein: 1.5g

Raspberry Baubles

INGREDIENTS

1 medium ball of cooked, peeled beetroot, chopped
 ½ cup of hulled hemp seeds
 2 ⅓ cups of oats
 ½ cup fresh or frozen raspberries
 ¾ cup of desiccated coconut
 1 tbsp maple syrup
 1 orange – zest only
 4 tbsp fresh dried raspberry pieces, finely chopped

DIRECTIONS

In a high-speed blender, place the chopped beetroot, hemp, oats, raspberries, desiccated coconut, maple syrup and orange zest.

Blend on a high speed to incorporate all the ingredients and release the color of the beetroot and raspberries.

Roll into 12 balls and then roll in the freeze-dried raspberries to coat as much as possible.

Place in an airtight container and store in the fridge for up to 1 week



SERVES 6-12

NUTRITION INFORMATION: Calories: 71 Fat: 3.5g Carbs: 9g Protein: 2g

Dark Chocolate and Ginger Candy Canes

INGREDIENTS

½ cup gluten free flour
 ½ cup rice flour
 ½ cup tapioca flour
 2 tbsp sesame seeds
 1 tbsp coconut sugar
 2 tbsp cacao nibs
 1 tsp ground ginger
 2 tbsp maple syrup
 2 tbsp coconut oil, melted
 1 egg

Decoration

50g dark raw chocolate
 1 tsp coconut oil



DIRECTIONS

Preheat oven to 375 F and line a baking tray with baking paper or silicone. Whisk the egg with the coconut oil and maple syrup and set aside.

In a bowl, mix the flours together with the seeds, ginger, cacao nibs and coconut sugar.

Pour in the egg mix and stir well to combine. This should form a stiff dough, but you can add a little more flour or water if needed. Place the dough in cling film in the fridge and leave to cool for an hour.

Take pieces of the dough and roll out into long tubes. Cut 6" pieces, then curl over the top to make the "candy cane" shape. Place on the baking sheet.

Bake in the oven for 8-10 minutes until pale golden and crisp. Leave to cool on a wire rack.

When the cookies are cool, melt the chocolate and oil together over a pan of simmering water. Drizzle diagonal lines over the candy canes to give them their stripes, this is easier than you think as long as the chocolate is thin enough to drizzle. Add a little more coconut oil to thin out the chocolate if need be. Leave to set in the fridge.

Store in an airtight container and eat within 1-2 weeks.

SERVES 12-24

NUTRITION INFORMATION: Calories: 41 Fat: 1.5g Carbs: 6g Protein: 0.5g

Cranberry and Dark Chocolate Oaties

INGREDIENTS

4 cups of oats
1 cup buckwheat flour
2 tbsp chia seeds
2 tbsp coconut sugar
2 eggs
½ cup dairy free olive oil
spread 100 g raw dark
chocolate chips
½ cup coconut milk
50 g cranberries
4 tbsp agave syrup

DIRECTIONS

Preheat oven to 400 F. Line a baking sheet with baking paper or silicone.

Mix all the ingredients together in a large bowl until well combined.

Scoop 18 individual spoonfuls of the mix onto the baking sheet. Don't make these too flat. They need to be quite chunky looking.

Bake in the oven for 15-16 minutes until golden and cooked. Cool on a wire rack, then store in an airtight container for up to a week.



SERVES 9-18

NUTRITION INFORMATION: Calories: 93 Fat: 3.5g Carbs: 13.5g Protein: 2.5g

Carrot Cake Snowballs

INGREDIENTS

2 medium carrots, peeled,
ends chopped off
½ cup dates
1 cup sunflower seeds
1 cup oats
3 tbsp desiccated coconut
(plus extra for coating)
1 tsp ground ginger
1 tsp cinnamon
½ tsp nutmeg
2 tsp chia seeds



DIRECTIONS

In a high-speed blender, place the carrots and dates and blend until a chunky texture forms. In a clean kitchen towel, try to squeeze out a little of the moisture. You don't want it too wet.

In a bowl, mix the carrots, dates, sunflower seeds, desiccated coconut, oats, ginger, cinnamon, nutmeg and chia seeds. Stir together until a dough forms. Using wet hands, make 12 balls.

Place a little extra desiccated coconut on a plate and roll the carrot balls to coat evenly.

Store in the fridge for up to 1 week

SERVES 6-12

NUTRITION INFORMATION: Calories: 80 Fat: 5g Carbs: 7g Protein: 2g

Christmas Savory Cookie Squares

INGREDIENTS

½ cup dairy free olive oil butter
 2 tbsp pumpkin seed butter
 1 tbsp pumpkin seeds
 1 tbsp sunflower seeds
 1 tbsp linseeds
 1 tbsp chia seeds
 3 tbsp sundried tomatoes (not
 in oil), finely chopped
 ½ psyllium husk
 ½ coconut milk
 ½ tsp sea salt
 ½ tsp black pepper
 1 ½ cups oats



DIRECTIONS

Preheat oven to 375 F. Line a baking sheet with silicone or baking paper.

In a bowl, mix all of the ingredients together to form a dough.

On the baking sheet, place the dough and roll out to about ½" thickness, using a piece of cling film over the top to stop it from sticking. Roughly cut 2x2 inch squares through the dough, this will make it easier to break up later.

Bake in the oven for 15-20 minutes. Cook until golden and crisp.

Store in an airtight container for up to 2 weeks.

SERVES 17-34

NUTRITION INFORMATION: Calories: 25 Fat: 2g Carbs: 1.5g Protein: 1g

Chunky Almond & Chocolate Cookies

INGREDIENTS

1 cup butter, room temperature
 $\frac{3}{4}$ cup coconut sugar
 1 egg, at room temperature
 2 tbsp coconut milk
 1 tsp vanilla extract
 $\frac{1}{2}$ cup coconut flour
 $\frac{1}{2}$ cup unsweetened chocolate chips
 $\frac{1}{2}$ cup almonds
 1 tsp baking powder
 Pinch of salt

DIRECTIONS

Preheat oven to 350 F. Line 2 baking trays with parchment paper.

Place the butter, sugar, milk and vanilla in a mixing bowl. Use an electric mixer to beat until creamy and soft.

Bring in the egg and mix well again. Sift the coconut flour over the butter mixture and add the baking powder and salt. Stir well and add the chocolate chips.

Wrap the almonds in a large sheet of baking paper and crush them with a meat hammer. Add them to the bowl. Set the dough aside for 5 minutes so the coconut flour will absorb the moisture. Scoop tablespoons of dough to the baking tray and slightly flatten. Bake for 15-20 minutes.

Let the cookies sit on the tray for 5 minutes before transferring to a wire rack.



SERVES 7-14

NUTRITION INFORMATION: Calories: 196 Fat: 13.5g Carbs: 16.5g Protein: 3g

Thumbprint Strawberry Rice Cookies

INGREDIENTS

1 cup finely ground almonds
 ½ cup rice flour
 2 tbsp ground chia seeds
 ½ cup butter
 1 tsp baking powder
 3 tbsp honey
 5 tbsp unsweetened strawberry jam
 Pinch of salt

DIRECTIONS

Preheat oven to 350 F. Line a baking tray with parchment paper.

In a large bowl combine the homemade almond meal, rice flour, ground chia, baking powder and salt.

In another bowl, whisk together the butter and honey. Add the wet ingredients to the dry ones and stir well. Make small balls out of dough and place on the tray. Press your thumb in the middle of the balls to create a well.

Top each well with 1 teaspoon of jam.

Bake for 11-12 minutes and allow to cool a little bit on the tray before transferring to a cooling rack.



SERVES 6-12

NUTRITION INFORMATION: Calories: 142 Fat: 9g Carbs: 13.5g Protein: 3g

Sugar Cookies with Chocolate Coconut Icing

INGREDIENTS

Cookies

¼ cup tapioca starch
1 ½ cup blanched almond flour
¼ tsp baking soda
1 tbsp coconut oil
1 tsp vanilla extract
6 tbsp agave nectar
Pinch of salt

Icing

2 oz. unsweetened dark chocolate
3-4 tbsp shredded coconut

DIRECTIONS

Mix the flour, starch, baking soda, and salt.

Add the remaining ingredients and stir until the dough begins to stick together.

Cool in the fridge for about 30 minutes.

Spread the dough with a roller between 2 parchment paper sheets. Cut 12 stars with a cookie cutter. Place on cookie sheets and bake at 350 F for 12-13 minutes.

Allow the cookies to sit for 5 minutes on the trays, then place on a wire rack to cool completely. Melt the chocolate over a small pot with hot water and decorate the cookies using a butter knife. Sprinkle with shredded coconut and allow the chocolate to harden before serving.



SERVES 6-12

NUTRITION INFORMATION: Calories: 172 Fat: 10.5g Carbs: 15.5g Protein: 3.5g

Soft Chocolate Cookies

INGREDIENTS

¼ cup coconut flour
 ¼ cup almond flour
 ½ cup coconut sugar
 3 tbsp cocoa powder
 1 tsp vanilla bean paste
 ¾ cup butter, softened
 1 tsp baking powder
 ¼ tsp baking soda
 3 tbsp coconut flakes

DIRECTIONS

Preheat oven to 350 F. Line 2 baking trays with parchment paper.

Beat the butter with the sugar and vanilla paste until creamy.

Sift the coconut flour and add the almond flour, cocoa, baking powder, and soda. Mix well.

Roll the dough into small balls and flatten with your hand. Bake for about 15 minutes. Leave for 2 minutes in the trays, then transfer to a wire rack to cool.

Sprinkle with coconut flakes before serving.



SERVES 6-12

NUTRITION INFORMATION: Calories: 122 Fat: 11g Carbs: 4.5g Protein: 2g

Ginger and Turmeric Cookies

INGREDIENTS

½ cup millet flour
 1 cup almond meal
 3-4 tbsp liquid honey
 2 tbsp coconut oil
 ¼ tsp baking soda
 2 tsp ground ginger
 1 tsp ground turmeric
 ½ tsp nutmeg
 ½ tsp ground coriander
 2 tbsp coconut sugar
 Pinch of salt

DIRECTIONS

Add all the ingredients (except for the coconut sugar) to a large bowl and stir to combine.

Use your hands to mix well until you have a sticky dough. Use only 3 tablespoons honey in the beginning. If the dough doesn't come together, add the remaining honey.

Place the dough in the fridge for about half an hour. Preheat oven to 350 F. Line a baking tray with parchment paper. Divide the dough into 12 equal portions and shape small balls. Flatten them with a fork. Sprinkle the coconut sugar on top.

Bake for 9-10 minutes. Keep the cookies on the tray for 5 minutes, then transfer on a wire rack to cool.



SERVES 6-12

NUTRITION INFORMATION: Calories: 105 Fat: 6.5g Carbs: 10.5g Protein: 2.5g

Cinnamon Raisin Cookies

INGREDIENTS

1 cup coconut butter
½ cup shredded coconut
⅓ cup honey
½ cup raisins
1 egg
½ tsp sea salt
1 tsp cinnamon, ground
½ tsp baking soda

DIRECTIONS

Preheat oven to 350 F.

In a bowl, mix the coconut butter, honey, egg, sea salt, cinnamon, and baking soda. Mix well until a smooth mixture forms.

Gently fold in the raisins and shredded coconut. Using a spoon, drop the batter on a baking sheet lined with parchment paper.

Bake for 10 minutes, then transfer to a rack to cool completely.



SERVES 6-12

NUTRITION INFORMATION: Calories: 280 Fat: 17g Carbs: 28g Protein: 8g

Coconut Chocolate Cookie Bars

INGREDIENTS

1 cup coconut, shredded
4 tbsp coconut cream
½ cup coconut oil
1 packet stevia
1 tsp vanilla extract
2 tbsp cocoa powder

DIRECTIONS

Add the shredded coconut to a mixing bowl with the coconut cream, ½ of the vanilla extract, and ½ packet stevia. Mix well to combine.

Put the shredded coconut mixture onto a cookie sheet lined with parchment paper.

Form into a rectangle shape about 1 inch thick.

Place in the freezer for almost 2 hours until frozen. Remove from the freezer and cut into bars.

Chocolate Coating

In a pan, melt coconut oil until liquified. Add cocoa powder, remaining stevia, and remaining vanilla extract to the coconut oil.

Mix well on low heat for 2 minutes until well blended. Let cool at room temperature. Dip the bars in cocoa mixture and turn all sides to coat well. Place bars back on the cookie sheet and put in the fridge until ready to serve



SERVES 4

NUTRITION INFORMATION: Calories: 210 Fat: 22g Carbs: 5g Protein: 19g

Coconut Flour Shortbread Cookies

INGREDIENTS

⅔ cup coconut flour
8 tbsp coconut oil
¼ cup honey
2 tbsp water
⅛ tsp sea salt

DIRECTIONS

In a bowl, mix the coconut oil and coconut flour. Mix well using your fingers.

Mix the honey, water, and sea salt.

Form small balls and place on a baking sheet. Bake for 10 minutes at 350 F or until edges are golden.



SERVES 6-12

NUTRITION INFORMATION: Calories: 130 Fat: 7g Carbs: 14g Protein: 1g

Double Chocolate Biscotti

INGREDIENTS

1 cup tapioca flour
3 tbsp coconut flour
2 tbsp arrowroot powder
2 tbsp cocoa powder
2 tbsp honey
1 egg
¼ tsp salt
¼ tsp baking soda
¼ cup chocolate chips



DIRECTIONS

Preheat oven to 350 F.

In a bowl, mix the coconut flour, tapioca flour, arrowroot powder, salt, baking soda, and cocoa.

In another bowl, mix the egg and honey. Fold wet mixture into the dry and use a spatula to work the dough together. Mix in the chocolate chips.

Shape the mixture into a flat rectangle and place on a baking sheet. Bake for 15 minutes, then remove from the oven. Let cool for 15 minutes. Using a sharp knife, cut into pieces and bake for additional 20 minutes.

Let sit in the oven until completely cool.

SERVES 10

NUTRITION INFORMATION: Calories: 104 Fat: 3g Carbs: 15g Protein: 3g

Healthy Ginger Snap

INGREDIENTS

¼ cup coconut oil, melted
1 egg white
1 cup coconut sugar
1 ½ cups tapioca flour
¼ cup coconut flour
1 ¾ tsp baking soda
½ tsp salt
2 tsp ginger powder
2 tsp cinnamon
2 tbs molasses

DIRECTIONS

Preheat oven to 350 F degrees and line a baking sheet with parchment paper.

In a large bowl, beat the melted coconut oil, coconut sugar and egg white until well mixed. Set aside.

In a medium bowl, mix the tapioca flour, coconut flour, baking soda, salt, ginger and cinnamon. Stir until everything is very well mixed and there are no little clumps of flour.

Stir the flour mixture, along with the molasses into the oil mixtures and stir until a slightly sticky dough forms. Place the dough in the refrigerator for 10 minutes, just to allow the coconut flour to absorb some of the moisture.

Once the dough has chilled, roll tablespoon sized balls and roll the balls around in coconut sugar. Place onto the prepared baking sheet and slightly flatten down.

Bake until the edges begin to go darker brown and top is nice and crackly, about 19-20 minutes



SERVES 5

NUTRITION INFORMATION: Calories: 416 Fat: 10g Carbs: 77g Protein: 6g

Lemon Ginger Biscotti

INGREDIENTS

1 egg
2 tbsp coconut oil
1 cup tapioca flour
1 cup coconut flour
3 tbsp honey
1 tsp baking soda
2 tsp ginger, grated
1 ½ tsp lemon zest
¼ tsp salt

DIRECTIONS

Preheat oven to 325 F.

In a bowl, beat the egg and add honey, ginger, coconut oil, and zest. Mix well.

In another bowl, add the coconut flour, tapioca flour, baking soda, and salt.

Add dry mixture to the wet mixture. Line a baking sheet with parchment paper and shape the mixture into a flat rectangle.

Bake for 22 minutes or until golden brown. Remove from the oven and let cool for 30 minutes. Using a sharp knife, cut into pieces and bake for an additional 10 minutes. Flip and bake for 10 minutes.

Let sit in the oven until cooled completely



SERVES 8

NUTRITION INFORMATION: Calories: 105 Fat: 4g Carbs: 15g Protein: 3g

No Bake Coconut Chocolate Balls

INGREDIENTS

1 tsp vanilla extract
1 ¼ coconut flakes, shredded
4 tbsp cocoa powder
1 banana, mashed
9 dates, pitted and chopped
½ tsp liquid stevia
¼ tsp salt



DIRECTIONS

In a food processor, blend 1 cup coconut flakes, banana, and cocoa powder.

Add the chopped dates and process until thoroughly combined.

Mix in the stevia, salt, and vanilla extract. Transfer the mixture to a bowl.

Place the ¼ cup of coconut flakes onto a plate and make small balls from the dates mixture. Then roll the balls into the coconut flakes.

SERVES 7-14

NUTRITION INFORMATION: Calories: 134 Fat: 7g Carbs: 21g Protein: 2g

Paleo Thin Mint Cookies

INGREDIENTS

Dry Ingredients

½ cup coconut flour
1 ¼ cups tapioca flour
¼ cup cocoa powder
2 tbsp arrowroot starch
¼ tsp sea salt

Wet Ingredients

¼ cup coconut oil
¼ cup honey
1 egg
½ tsp peppermint extract

Coating

¼ cup dark chocolate, chopped
2 oz. unsweetened dark chocolate
½ tsp peppermint extract



DIRECTIONS

In a bowl, mix all the dry ingredients and whisk well. Add wet ingredients except for coconut oil and mix using a hand mixer. With the mixer on low, add the coconut oil until well mixed.

Put this dough on a plastic sheet and shape into a 1 ¾ inch diameter log. Wrap tightly and keep in the freezer until firm.

Preheat oven to 350 F.

Remove dough from freezer and slice into thick rounds. Place the rounds on a baking sheet and bake for 15 minutes or until middle is firm. Remove cookies from oven and place on a wire rack to cool completely.

In the meantime, melt the coating ingredients over a double boiler until mixture is smooth. Using two forks, dip each cookie into the coating and cover.

Put the cookies back to the baking sheet and refrigerate until they set.

SERVES 6

NUTRITION INFORMATION: Calories: 52 Fat: 4g Carbs: 3g Protein: 2g

Pumpkin Chocolate Chip Cookies

INGREDIENTS

1 tbsp coconut oil
 ½ cup tapioca flour
 1 cup coconut flour
 1 ½ tsp pumpkin pie spice
 ¼ cup pumpkin puree
 ½ tsp sea salt
 ½ tsp baking soda
 2 tbsp honey
 2 tbsp apple sauce
 1 egg
 ½ tsp vanilla
 ¾ cups chocolate chips



DIRECTIONS

Preheat oven to 350 F and line a baking sheet with parchment paper.

In a bowl, mix the coconut flour, tapioca flour, sea salt, pumpkin pie spice, and baking soda.

In another bowl, mix the pumpkin puree, egg, honey, apple sauce, oil, and vanilla until well mixed.

Mix the wet ingredients into the dry ingredients and whisk well. Add the chocolate chips and mix well.

Scoop 2 tablespoon rounds of dough 2 inches apart on baking sheet. Bake in the oven for 10 minutes.

Keep stored in an airtight container.

SERVES 6

NUTRITION INFORMATION: Calories: 106 Fat: 6g Carbs: 11g Protein: 2g

Raspberry Thumbprint Cookies

INGREDIENTS

7 tbsp coconut oil
1 egg
2 cups tapioca flour
¼ cup coconut flour
½ cup honey
1 tsp baking soda
⅛ tsp sea salt
1 tsp vanilla extract
½ cup raspberry jam

DIRECTIONS

In a bowl, mix the coconut flour, tapioca flour, honey, baking soda, and salt.

In another bowl, mix the coconut oil, egg, and vanilla extract.

Add the flour mixture to the wet mixture and stir until well combined. Let it set for 10 minutes.

Preheat oven to 350 F and line a baking sheet with parchment paper.

Roll the dough into 12 balls and place on the cookie sheet.

Using your thumb, make an indentation in the center of each ball and add ½ teaspoon of jam to the wells. Make sure not to overfill them. Bake for 10 minutes or until done.

Let the cookies cool completely.



SERVES 6-12

NUTRITION INFORMATION: Calories: 50 Fat: 2g Carbs: 7g Protein: 1g

About Painless Nutritionals

Painless Nutritionals is a natural health and wellness brand. We strive to create products that help people live long healthy lives, free from aches and pains, with a youthful vigor regardless of age. Our core belief is that people shouldn't dread getting older; they should look and feel incredible. Painless Nutritionals features specially chosen and highly effective supplements that nourish the body and fill the gaps that a healthy diet and exercise don't address.

We have products for anti-aging, pain-relief, immunity, and much more. *When diet and exercise aren't enough to get the results you want, we have the solution.*

Our Best-selling Products

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- Menstrual difficulties
- Bloody urine
- Hemorrhages
- Toothaches
- Bruises
- Colic
- And more



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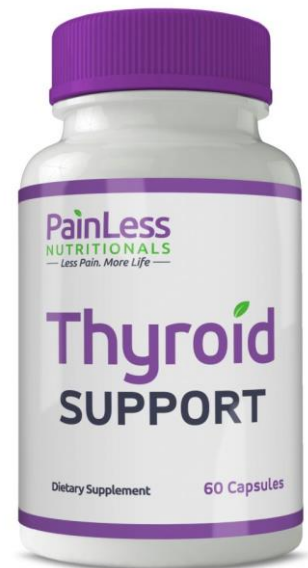
Thyroid Support

Are you gaining weight more easily? Do you feel tired more often than you should? Do you feel older than you are? If so, you might be surprised to learn your thyroid may be the root of all your problems.

It's true. In fact, according to thyroid.org, one in five Americans have hypothyroidism, and up to 60% of these individuals have no idea!

We created this supplement to support good thyroid health.

Whether you have an unhealthy or healthy thyroid, Thyroid Support will help you maintain optimal health.



Benefits you can experience with a healthier thyroid include:

- Increased Energy
- Improved Strength
- Sharpened Memory
- Better Able to Tolerate Cold Temperatures
- Reduction in Hair Loss & Hair Thinning
- Weight Loss

One more big advantage of good thyroid health – it can help you look and feel younger! That's right, a healthy thyroid helps skin look fuller, more hydrated and more vibrant. It also boosts your energy!

Get your bottle here: <https://painlessnutritional.com/shop/>

Balance Booster Formula

The risk of falling increases as we age, and falls are one of the leading causes of debilitating injuries in older adults. One way to lower this risk is to focus on brain health. Our Balance Booster Formula has been formulated using only those ingredients proven to boost brain function.

Not only does this supplement improve balance and reduce your risk of falling, it also helps improve memory, cognition, and cerebral blood flow.



Even better - Balance Booster Formula will better the results from any balance and exercise programs!

This supplement is your best defense against falling as it addresses the root cause of most balance issues, brain health. Balance Booster Formula is made in the USA with 100% natural ingredients, with no artificial fillers, flavorings, or colors. This brain boosting supplement is simply made with premium ingredients you can trust.

Don't put your health and safety at risk! Support your overall balance by boosting your brain function with our Balance Booster Formula.

Get your bottle here: <https://painlessnutritional.com/shop/>

Bone Boost Formula No. 1

Bone loss due to the natural aging process can put you at greater risk of fractures.

In fact, according to the latest statistics from the International Osteoporosis Foundation (IOF), 1 in 3 women over age 50 will experience an osteoporotic fracture, as will 1 in 5 men of the same age.

Bone fractures can be painful and debilitating. They can even lead to death. **Protect your health and safety with Bone Boost Formula.**



This supplement is specially formulated with Vitamin K2 and Vitamin D3, which bones need to stay healthy.

This impactful supplement is specially formulated with Vitamin K2 and Vitamin D3 which are proven to support bone health. Without these two powerful vitamins, you put both your bones and your overall immune system at risk.

This formula:

- Stimulates calcium absorption
- Supports bone health and strength
- Reduces risk of bone disease
- Helps your body fight infections better
- Improves quality of life
- And more

Because of the importance of K2 and D3 in our everyday life, we formulated Bone Boost Formula No. 1 in such a way that it will not only provide the body with a daily dose of the nutrients, but also help it metabolize them properly.

Get your bottle here: <https://painlessnutritional.com/shop/>

Super Collagen Support

Get thicker, fuller, healthier hair! Our Super Collagen Support formula is uniquely designed to work from the inside-out to nourish and support your hair follicles at the cellular level, allowing you to maintain thicker, longer, stronger, and healthier hair at any age.

This formula both maintains healthy, fast-growing hair and supports hair density and strength – a powerful 1-2 combination that will have you looking your best in no time.



Your hair is one of the first things people notice about your appearance. What impression are you giving when you enter a room?

Is your hair conveying good health and an overall sense of well-being, or is it pointing out exactly the opposite?

Get Super Collagen Support and ensure your hair is making the right first impression.

And don't forget the skin benefits of collagen! This formula is the perfect way to maintain your youthful appearance, and even improve it!

Get your bottle here: <https://painlessnutritionals.com/shop/>