



NUTRITION WEEKLY

— S E L F - C A R E I N A N E M A I L —

Ok, so this may sound dramatic, but cookies have the ability to make or break someone's day.

For example, if someone gives you a healthy cookie that tastes delicious, it can make your day.

Alternatively, if someone gives you a healthy cookie that tastes like gravel, it can break your day (and maybe loosen a filling).

Just because you've hopped on the healthy eating train doesn't mean you have to give up your favourite foods. Like cookies!!

Here are three tips to make cookies more nutritious and still taste awesome:

1. Switch up your fat and sugar

Healthy eating is all about swapping in more nutritious ingredient options rather than eliminating them altogether. Case in point: the fat and sugar used in cookies. Coconut oil, nut, and seed butter are heart-healthy replacements for shortening and margarine. While coconut sugar, date sugar, maple syrup, and honey are more nutritious and less inflammatory than white and brown sugar. Not only that, they add more flavour to your cookies.

2. Use a lower carbohydrate flour

Carbohydrates are our friends—in moderation. When digested, carbohydrates break down into simple sugar molecules (aka glucose) that your body uses for energy. When too much glucose enters the bloodstream, you get a sugar spike, followed by a sugar crash and intense sugar cravings. Baking with low-carb flours like almond flour, coconut flour, and flax meal, helps to balance out the blood sugar impact of your delicious cookies.

3. Stir in something nutritious

Adding chopped nuts, seeds, coconut or dark chocolate to your cookies will give them added texture and flavour while improving their overall nutrition.

TASTY HEALTHY RECIPE OF THE WEEK

These **gluten and dairy-free chocolate chip cookies** are the perfect combination of crispy and chewy. Plus, the cookie dough can be meal-prepped for the freezer and baked from frozen!



GLUTEN AND DAIRY-FREE CHOCOLATE CHIP COOKIES

HEALTHY QUOTE OF THE WEEK

“In the cookie of life, friends are the chocolate chips.”

– **Salman Rushdie**

That’s it for today, friend. I hope you have a wonderful week!

Until next time,

ash xo