

CRAVING COOKIES

A stack of four chocolate cookies with a cracked, craggy texture, set against a background of a striped cloth and other cookies.

10
DELICIOUS
GRAIN-FREE
COOKIE
RECIPES

NOELLE TARR

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BEFORE YOU START

This book contains advice and information relating to nutrition and health. It should be used to supplement rather than replace the advice of your doctor or another trained health professional. If you know or suspect you have a health problem, it is recommended that you seek your physician's advice before embarking on any medical program or treatment. **NO information in this recipe book, or presented on Coconuts & Kettlebells® website(s), should be used to diagnose, treat, prevent or cure any disease or condition under any circumstances.**

MEET NOELLE

FNTP, NSCA-CPT

Hey friends! I'm so glad you're here. I'm Noelle—and as you probably guessed, I have a thing for both coconuts and kettlebells. I'm a wife, mom of two, Functional Nutritional Therapy Practitioner (NTP™), and a NSCA Certified Personal Trainer (CPT). In addition to managing coconutsandkettlebells.com, I'm the author of my cookbook, [Coconuts and Kettlebells](#), host of the [Well-Fed Women](#) podcast, and the creator of [Strong From Home](#), a comprehensive online home workout program.

After struggling with chronic digestive issues for most of my life, I made the switch to a dairy and grain-free lifestyle ten years ago. Even though my digestive issues are a thing of the past, my love of being in the kitchen and crafting delicious recipes is still very much a part of me.

While health and fitness is my passion, cooking and baking is what brings me the most joy—especially now that I'm a mom. I loved being in the kitchen baking as a kid, and it's so fun to do that now with my family.

My goal with everything I do is to empower people to pursue what works best for their



bodies, without the shame and guilt that is so often a part of health and fitness culture. So, if you're fed up with all the "shoulds", you're in the right place.

Thank you for letting me share my resources and recipes with you. It's an honor to be a part of you life.

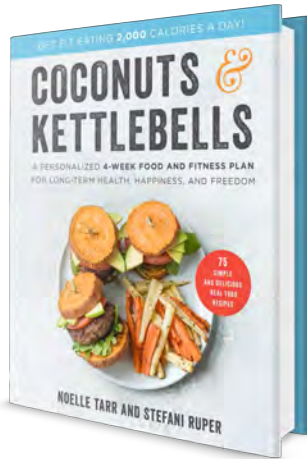
Noelle



MEET KELSEY HITE

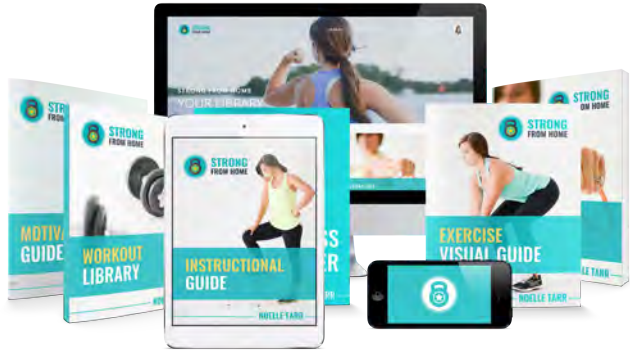
Kelsey is a personal chef, recipe developer, and personalized meal planner. She helps Coconuts and Kettlbells test and tweak recipes to perfection. She loves helping create food that both nourishes and excites those she serves. Kelsey lives in Madison, Wisconsin with her husband, energetic pup, and little boy.

MY RESOURCES



COCONUTS AND KETTLEBELLS

Now available everywhere
books are sold!



STRONG FROM HOME

My comprehensive, customizable
home workout program



WELL-FED WOMEN

Health and wellness podcast for women



CLEAN LIVING COMMUNITY

Clean beauty and household
products

RESOURCES FOR BAKING

Below are specific recommendations for special ingredients I've included in the cookie recipes. For a list of all my preferred baking ingredients and tools, visit my comprehensive [Baking Resources](#) page.



SMASHMALLOWS



YUM EARTH
CANDY CANES



CHOCOLATE KISS MOLDS



BARNEY'S NO-STIR
ALMOND BUTTER



UNSWEETENED
SHREDDED COCONUT

MORE RECIPES TO LOVE



**FLUFFY PALEO
CINNAMON ROLLS**



**PALEO DOUBLE CHOCOLATE
BANANA BREAD**



**THE BEST CHEWY PALEO
CHOCOLATE CHIP COOKIES**



**PALEO BAKED
CHOCOLATE DONUTS**



**ALMOND FLOUR SUGAR
COOKIES**



**PALEO GINGERBREAD
COFFEE CAKE**



ABOUT THE COOKIES

All of the recipes included in my *Craving Cookies* recipe book are **paleo-friendly, grain-free, and dairy-free**. I've included four cookie recipes that are also **egg-free** so that people with multiple sensitivities or allergies can enjoy them. Allergy information is annotated at the top of each recipe to make it easy to find the ones that fit your family's needs.

The cookie recipes in this book are made with healthier, wholesome ingredients. Of course, no one will be able to tell the cookies are free of processed ingredients or gluten-filled flours. They're just be happily eating and asking for more. I speak from experience on this one!

My goal with all of the cookie recipes in this book is to have them be just as good as traditional recipes (if not better!). You won't be disappointed!

Substitutions

Each recipe contains information about substitutions in the "Notes" section. While the recipe is going to turn out best if you follow it as written, here are some general swaps you can make in these recipes based on the ingredients you have on-hand:

- **You can swap out ghee for coconut oil.** While ghee is preferred in baking, coconut oil will work in its place. Make sure to keep the consistency the same. If a recipe calls for ghee to be soft, but not melted, the coconut oil should be also.
- In general, **you can swap tapioca flour for arrowroot flour**, and vice versa. The texture will change slightly.

- **Maple syrup and raw honey can be substituted for one another.** Keep in mind, honey has a sweeter taste and can sometimes be solid at room temperature, so you may need to heat it slightly.
- **You cannot swap coconut flour with other flours.** Coconut flour needs more liquid, so it cannot be swapped 1:1 with other nut or starch-based flours.

Baking Tips

1. Melting Chocolate

Quite a few of my recipes require you to melt chocolate. The best way to melt chocolate is through indirect heat in a double boiler because it can burn easily. If you don't have one (I don't!), you can easily make a DIY double boiler with a medium saucepan and medium heat resistant glass bowl. Add an inch of water to the pot and place it over medium heat. Add the chocolate (plus whatever other ingredients are instructed) to the glass bowl and place the bowl on top of the saucepan so that the bowl is sitting on the rim of the saucepan. Stir the chocolate in the bowl occasionally until melted.

As an alternative method, you can place the chocolate in a large glass container and heat it on 10-second intervals in the microwave. Stir the chocolate after each interval to prevent burning. I don't recommend this as a first choice, however, as chocolate can burn in the microwave.

2. Mixing Flours

To get a fluffy and less grainy texture with your cookies, whisk the flours for 1-2 minutes either in a stand mixer or with a handheld mixer, then whisk in the remaining dry ingredients. This will remove any clumps, which can happen with gluten-free and nut-based flours. After you've whisked the flours and dry ingredients together, make sure to switch out the attachment on your mixer to the beater attachment to fold in the wet ingredients.

10 DELICIOUS GRAIN-FREE COOKIE RECIPES





SNICKERDOODLES

Dairy-Free, Egg-Free, Grain-Free

Makes 12 cookies

Prep time: 10 minutes

Bake time: 12 minutes

Dough:

- 1 ¼ cup blanched almond flour
- ½ cup arrowroot flour
- ¼ teaspoon cream of tartar
- ¼ teaspoon fine sea salt
- ¼ cup ghee, melted and cooled slightly (or coconut oil)
- ¼ cup maple syrup
- 1 ½ teaspoons vanilla extract

Sugar Coating:

- 2 tablespoons coconut sugar
- 1 teaspoon ground cinnamon

1. Preheat the oven to 350 degrees Fahrenheit. Line a large baking sheet with parchment paper.
2. In a medium bowl, whisk the almond flour, arrowroot flour, cream of tartar, and salt until combined.
3. Fold in the ghee, maple syrup, and vanilla extract.
4. For the coating, in a separate small bowl, mix the coconut sugar and cinnamon together.
5. Roll the dough into about 1-inch balls with your hands. Roll each ball in the cinnamon sugar coating, and place them on the prepared baking sheet about 2 inches apart.
6. Flatten each ball to about ½ inch thickness with the palm of your hand.
7. Bake for 11-12 minutes. Remove the cookies from the baking sheet and let them cool completely on a wire rack before serving. Store in an airtight container at room temperature for up to 1 week.

Notes:

- Be generous with the coating! You can lightly press each ball in the coating so it sticks well.
- Want more of a tang? Use ½ teaspoon cream of tartar.
- Check these cookies right at 11 minutes to prevent over baking.

S'MORES COOKIES

Dairy-Free, Grain-Free

Makes 12 cookies

Prep time: 15 minutes

Bake time: 12 minutes

- 1 ½ cup blanched almond flour
- ¼ cup tapioca flour
- ¼ cup coconut flour
- ¼ cup coconut palm sugar
- 1 teaspoon baking soda
- ½ teaspoon fine sea salt
- 3 tablespoons maple syrup
- ¼ cup ghee (or coconut oil)
- 1 egg, room temperature
- 1 teaspoon pure vanilla extract
- ¼ cup dark chocolate chips
- ½ cup packed small marshmallow pieces (see note), divided
- 1 ounce dark chocolate bar (about 3 squares of a 3.5 ounce bar), roughly chopped

1. Preheat the oven to 350 degrees Fahrenheit. Line a large baking sheet with parchment paper.
2. In a large mixing bowl, whisk the almond flour, tapioca flour, and coconut flour until combined. After a minute, add the coconut sugar, baking soda, and sea salt, and whisk until combined.
3. Fold in the maple syrup, ghee, egg, and vanilla extract, and mix everything together until a uniform dough forms. Fold in the chocolate chips. Take half of the marshmallows pieces, and fold them evenly into the dough.
4. Form the dough into about twelve 2-inch balls and place them on a baking sheet. When rolling the dough into balls, make sure the marshmallow pieces are entirely encapsulated in the dough. Flatten each cookie ever so slightly with the palm of your hand.
5. Bake for 9 minutes. Remove the cookies from the oven and carefully top each cookie with 1-2 marshmallow pieces and 2-3 pieces of the roughly chopped chocolate bar, pressing them in slightly. Return the cookies to the oven and bake for an additional 2-3 minutes.
6. Remove the cookies from the baking sheet and let them cool completely on a wire rack before serving. Store in an airtight container at room temperature for up to 1 week.



Notes:

- If using gluten-free mini marshmallows, cut each mini marshmallow in half. If using large gluten-free marshmallows like [SMASHMALLOWS](#) (what I use), cut each marshmallow into 8 small pieces. For this recipe, you'll need exactly 4 SMASHMALLOWS.
- When rolling the dough into balls, make sure to get at least one marshmallow piece in each cookie.
- If you experience a marshmallow blowout, quickly scoop the seepage back towards the cookie with a spoon right when the cookies come out of the oven.



THUMBPRINT COOKIES

Dairy-Free, Grain-Free

Makes 20 cookies

Prep time: 10 minutes

Bake time: 17 minutes

- 1 ½ cups blanched almond flour
 - ¼ cup coconut flour
 - ¼ teaspoon sea salt
 - 1 egg, lightly beaten
 - 5 tablespoons ghee (or coconut oil)
 - ¼ cup maple syrup
 - ½ teaspoon pure almond extract
 - ⅓ cup raspberry jam
1. Preheat the oven to 350 degrees Fahrenheit. Line a large baking sheet with parchment paper.
 2. In a medium bowl, whisk the almond flour, coconut flour, and salt together until combined.
 3. Fold in the egg, ghee, maple syrup, and almond extract and mix until combined.
 4. Roll the dough into about 1-inch balls with your hands and place them on the prepared baking sheet.
 5. Moisten your thumb with water and press it into the center of each ball to create a small hole for the filling, about ½ inch wide.
 6. Scoop about ½ teaspoon jam into the center hole of each cookie.
 7. Bake for 15-17 minutes, or until the edges just begin to turn golden brown. Remove the cookies from the baking sheet and let them cool completely on a wire rack before serving. Store in an airtight container at room temperature for up to 1 week.

Notes:

- You can use any jam you'd like in these cookies! My favorite alternatives are strawberry and apricot.
- These cookies are best with a little golden color on the bottom. To get it just right, you can begin checking for color with a spatula at 15 minutes.

DARK CHOCOLATE PEPPERMINT COOKIES

Dairy-Free, Grain-Free

Makes 12 cookies

Prep time: 15 minutes

Bake time: 12 minutes

Cookies:

- ¼ cup coconut oil
- 1 cup dark chocolate chips, divided
- ½ teaspoon pure peppermint extract
- 1 cup blanched almond flour
- 3 tablespoons tapioca flour
- 3 tablespoons unsweetened cocoa powder
- ½ teaspoon fine sea salt
- 1 teaspoon baking soda
- ⅓ cup coconut sugar
- 1 egg, room temperature

Topping:

- ½ cup dark chocolate chips
- 1-2 candy canes, crushed

1. Preheat the oven to 350 degrees Fahrenheit. Line a large baking sheet with parchment paper.
2. Melt the coconut oil and ⅔ cup chocolate chips in a DIY double boiler (see notes on page 11). Once melted, stir in the peppermint extract and let it cool slightly.
3. In a medium bowl, whisk the almond flour and tapioca flour together. Add the cocoa powder, sea salt, and baking soda, and whisk until combined. Fold in the coconut sugar, egg, and cooled chocolate mixture until a uniform dough forms. Fold in the remaining ⅓ cup chocolate chips.
4. Roll the dough into about twelve 1 ½-inch balls with your hands and place them on the prepared baking sheet. Flatten each cookie slightly with the palm of your hand.
5. Bake for 11-12 minutes. Remove the cookies from the baking sheet and let them cool completely on a wire rack.
6. To decorate the cookies, melt the chocolate chips in a DIY double boiler (use the same one you did for the cookies). Using a small spoon, drizzle the chocolate diagonally across each cookie. Immediately sprinkle each cookie with the crushed candy canes. Let the cookies set in the refrigerator for 30 minutes. Store in an airtight container at room temperature for up to 1 week.



Notes:

- When drizzling the chocolate, make sure the chocolate is warm and fairly viscous so the drizzle isn't too thick.
- For candy canes, I use recommend using organic ones from [Yum Earth](#).



CHOCOLATE CRINKLE COOKIES

Dairy-Free, Grain-Free

Makes 15 cookies

Prep time: 10 minutes

Bake time: 12 minutes

- ¼ cup ghee (or coconut oil)
 - 1 cup dark chocolate chips
 - 1 teaspoon pure vanilla extract
 - 1 cup blanched almond flour
 - 3 tablespoons tapioca flour
 - 3 tablespoons unsweetened cocoa powder
 - ½ teaspoon fine sea salt
 - 1 teaspoon baking soda
 - ⅓ cup coconut sugar
 - 1 egg
 - ¼ cup organic powdered sugar
1. Preheat the oven to 350 degrees Fahrenheit. Line a large baking sheet with parchment paper.
 2. Melt the ghee and chocolate chips in a DIY double boiler (see notes on page 11). Once melted, stir in the vanilla extract and let it cool slightly.
 3. In a medium bowl, whisk the almond flour and tapioca flour together. Add the cocoa powder, sea salt, and baking soda, and whisk until combined. Fold in the coconut sugar, egg, and cooled chocolate mixture until a dough forms.
 4. Roll the dough into about fifteen 1 ½-inch balls with your hands and place them on the prepared baking sheet. Roll each ball in powdered sugar, pressing it into the powdered sugar gently to coat it well. Flatten each cookie slightly with the palm of your hand.
 5. Bake for 12 minutes. Remove the cookies from the baking sheet and let them cool completely on a wire rack.

Notes:

- To prevent the powdered sugar from getting too wet, roll the dough into fifteen balls first, and then roll the balls in the powdered sugar just before baking. Be liberal with the coating and make sure the entire ball is covered.

EDIBLE COOKIE DOUGH

Dairy-Free, Egg-Free, Grain-Free, Vegan

Makes 12 servings

Prep time: 5 minutes

Chill time: 30 minutes

- 1 cup blanched almond flour
 - 2 teaspoons tapioca flour
 - $\frac{1}{8}$ teaspoon sea salt
 - 3 tablespoons coconut oil, melted
 - 3 tablespoons maple syrup
 - $\frac{1}{4}$ teaspoon pure vanilla extract
 - $\frac{1}{4}$ cup chocolate chips
1. In a medium bowl, whisk the almond flour, tapioca flour, and sea salt together until combined.
 2. Fold in the coconut oil, maple syrup, and pure vanilla extract.
 3. Fold in the chocolate chips.
 4. Enjoy immediately or chill for 30 minutes for the perfect consistency.
 5. Store in an airtight container in the refrigerator for up to 1 week.



Notes:

- This edible cookie dough is so easy to make and store. I like to put it in the refrigerator in a mason jar, and spoon it out as desired.
- You can store this cookie dough in the freezer for long-term use. Just roll into 1-inch balls and thaw when desired.



PEANUT BUTTER BLOSSOMS COOKIES

Dairy-Free, Grain-Free

Makes 15-17 cookies

Prep time: 10 minutes

Bake time: 12 minutes

Chocolate Kiss:

- ½ cup dark chocolate chips
- 2 tablespoon peanut butter
- ¼ cup cocoa powder
- 2 teaspoons coconut oil

Cookies:

- 1 cup blanched almond flour
- 2 tablespoons tapioca flour
- 2 tablespoons coconut flour
- 1 teaspoon baking soda
- ¼ teaspoon fine sea salt
- ½ cup coconut sugar
- ⅓ cup smooth peanut butter
- 3 tablespoons ghee
- 1 egg
- 1 teaspoon pure vanilla extract

1. Preheat the oven to 350 degrees Fahrenheit. Line a large baking sheet with parchment paper.
2. Heat the ingredients for the chocolate kisses in a DIY double boiler until just melted (see notes on page 11). Transfer the chocolate mixture to a Ziploc bag (sandwich size) and place it in the fridge to cool for about 10 minutes. Check on this occasionally and pull it out to sit at room temperature before it gets too solid. You want it to be set, but soft enough to pipe into the center of the cookies.
3. In a medium bowl, whisk the almond flour, tapioca flour, coconut flour, baking soda, and salt together until combined. Fold in the coconut sugar, peanut butter, ghee, egg, and vanilla extract and mix until a uniform dough forms.
4. Roll the dough into about sixteen 1 ¼-inch balls with your hands and place them on the prepared baking sheet. Flatten each cookie slightly with the palm of your hand. Bake for 11-12 minutes.
5. Once the cookies come out of the oven, immediately make an indentation in the middle of each cookie with the back of a ½ teaspoon measuring spoon.
6. Remove the cookies from the baking sheet and let them cool *completely* on a wire rack. Pipe the chocolate mixture into the center of each cookie. Let the cookies set at room temperature for 1 hour, or for 20 minutes in the fridge. Store in an airtight container at room temperature for up to 1 week.

Notes:

- For the chocolate kisses, you can also use chocolate kiss molds for a more authentic peanut butter blossom look.
- To make it easy, you can also spoon the chocolate mixture into the center of the cookies. Just leave the chocolate mixture in the bowl at room temperature.

BUCKEYES

Dairy-Free, Egg-Free, Grain-Free

Makes 18-20 cookies

Prep time: 15 minutes

Chill time: 1 hour

Filling:

- 1 cup no stir smooth almond butter
- ⅓ cup maple syrup
- 2 tablespoons ghee
- 1 teaspoon vanilla extract
- ¼ cup blanched almond flour
- 2 tablespoons arrowroot flour
- 1 tablespoon coconut flour
- ½ teaspoon fine sea salt

Chocolate coating:

- 1 ½ cup dark chocolate chips

1. Line a baking sheet with parchment paper.
2. In a medium bowl, combine all of the ingredients for the filling. Place the bowl in the fridge and chill for 15-20 minutes.
3. Once the filling has hardened slightly, roll the filling into about 20 1-inch balls with your hands and place them on the prepared baking sheet. Place the balls in the freezer for 30 minutes.
4. While the balls are chilling, melt the chocolate in a DIY double boiler (see notes on page 11).
5. Remove the balls from the freezer. To dip each ball in chocolate, stick a toothpick in the center of the ball and dip it in the chocolate so that at least ⅔ of the ball is coated. Place each ball back on the baking sheet and gently remove the toothpick.
6. Place the finished buckeyes in the freezer to set for at least 10 minutes. Store in the fridge for a softer consistency, or in the freezer for a more solid frozen treat.



Notes:

- Sub out the almond butter for peanut butter for a smoother peanut butter flavor.
- No-stir almond butters like [Barney's Almond Butter](#) work best in this recipe. If you're using an almond butter that requires stirring, make sure it is completely smooth and combined. You don't want the almond butter to be too oily (which can happen when you only stir the oil into the top part of the jar) so that the filling can roll into balls.



SOFT AND CHEWY MOLASSES COOKIES

Makes 15-17 cookies

Prep time: 10 minutes

Bake time: 11 minutes

Dairy-Free, Grain-Free

- 1 ½ cups blanched almond flour
 - ¼ cup tapioca flour
 - ¼ cup coconut flour
 - 1 teaspoon baking soda
 - 1 teaspoon ground ginger
 - 1 teaspoon ground cinnamon
 - ¼ teaspoon ground cloves
 - ¼ teaspoon fine sea salt
 - ⅓ cup coconut sugar
 - 1 egg, room temperature
 - ⅓ cup ghee (or coconut oil)
 - ¼ cup molasses
 - 1 teaspoon vanilla extract
1. Preheat the oven to 350 degrees Fahrenheit. Line a large baking sheet with parchment paper.
 2. In a medium bowl, whisk the almond flour, tapioca flour, coconut flour, baking soda, ginger, cinnamon cloves, and salt together until combined.
 3. Fold in the coconut sugar, egg, ghee, molasses, and vanilla extract and mix until combined.
 4. Roll the dough into about fifteen 1 ½-inch balls with your hands and place them on the prepared baking sheet. Flatten each cookie ever so slightly with the palm of your hand.
 5. Bake for 10-11 minutes. Remove the cookies from the baking sheet and let them cool completely on a wire rack before serving. Store in an airtight container at room temperature for up to 1 week.

Notes:

- You can also roll these cookies in a little white cane sugar before placing them on the baking sheet to give them a nice traditional sugary coating.

NO BAKE CHOCOLATE ALMOND COCONUT COOKIES

Makes 10 cookies

Prep time: 10 minutes

Chill time: 30 minutes

Dairy-Free, Egg-Free, Grain-Free, Vegan

- $\frac{2}{3}$ cup no stir creamy almond or peanut butter
 - 3 tablespoons coconut oil
 - 2 tablespoons honey (maple syrup for vegan)
 - 2 tablespoons unsweetened cocoa powder
 - $\frac{1}{4}$ teaspoon sea salt
 - 1 teaspoon vanilla extract
 - 1 cup unsweetened shredded coconut
1. Line a large baking sheet with parchment paper.
 2. Place the almond butter and coconut oil in a medium heat safe bowl, and heat it in the microwave for 30 seconds (or until the coconut oil is melted). Stir to combine.
 3. Add the honey, cocoa powder, salt, and vanilla and stir. Fold in the shredded coconut.
 4. Scoop a heaping tablespoon of the mixture and drop it on the prepared baking sheet. Continue until you've used all of the cookie mixture.
 5. Chill the cookies in the freezer for 20-30 minutes to let them set. Store them in an airtight container in the refrigerator for up to two weeks, or in the freezer for a more solid texture.



Notes:

- For this recipe, make sure to use unsweetened shredded coconut, not coconut flakes. If you only have coconut flakes on hand, you can pulse them in the food processor to break them down into shreds.
- Use peanut butter if you want a more traditional chocolate peanut buttery flavor.
- You can use either chunky or smooth nut butter in this recipe.
- No-stir nut butters like Barney's Almond Butter work best in this recipe. If you use one that requires stirring, make sure it is completely smooth and combined. You don't want the almond butter to be too oily, which can happen when you only stir the oil into the top part of the jar.