

The Ultimate Healthy Cut-Out Sugar Cookies



- **for the cookies**
 - 1 cup + 6 tbsp (165g) [white whole wheat flour](#) ([measured like this](#))
 - $\frac{3}{4}$ tsp cornstarch
 - $\frac{1}{4}$ tsp baking powder
 - $\frac{1}{4}$ tsp salt
 - 2 tbsp (28g) unsalted butter, melted and cooled slightly
 - 1 large egg, room temperature
 - 1 tsp vanilla extract
 - $\frac{1}{2}$ tsp [butter extract](#)
 - $\frac{1}{4}$ cup (60mL) honey
 - $\frac{3}{4}$ tsp [vanilla stevia](#)
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 - **for the icing** (optional)
 - 10 tsp [confectioners' style stevia](#)
 - 2 tsp nonfat milk
- To prepare the cookies, whisk together the flour, cornstarch, baking powder, and salt in a medium bowl. In a separate bowl, whisk together the butter, egg, vanilla extract, and butter extract. Stir in the honey and vanilla stevia. Add in the flour mixture, stirring just until incorporated. Transfer the dough to the center of a large sheet of plastic wrap, and shape into a 1"-tall rectangle. Cover the top with another large sheet of plastic wrap. Chill the dough for at least 1 hour.
 - Preheat the oven to 350°F, and line two baking sheets with [silicone baking mats](#) or [parchment paper](#).
 - Leaving the cookie dough between the sheets of plastic wrap, roll it out until $\frac{1}{8}$ " thick. Lightly flour your cookie cutter, and press it into the dough, making sure each shape lies as close to its neighbors as possible to minimize unused dough. Peel the unused dough away from the shapes, and place them onto the prepared baking sheets. Reroll the unused dough, and repeat.
 - Bake the cut out cookie dough at 350°F for 8-10 minutes. (The rerolled dough may require a little less time.) Cool on the baking sheet for 5 minutes before turning out onto a wire rack to cool completely.
 - To prepare the icing, stir together the confectioner's style stevia and milk in a small bowl. Spoon into a zip-topped bag, and snip off the corner. Pipe onto the cooled cookies.

Notes: [Whole wheat pastry flour](#) or all-purpose flour may be substituted for the white whole wheat flour. Regular whole wheat flour may be substituted in a pinch, but the cookies will have detectable "wheat-y" taste.

Tip: Coconut oil may be substituted for the butter, but the cookies will have a prominent coconut flavor. Also, Earth balance can be used as a non-dairy option.

By <https://amyshealthybaking.com/blog/2016/01/24/the-ultimate-healthy-cut-out-sugar-cookies/>