

Healthier Lifestyles - with Coach Linda

www.coachlindajohnson.com

Cinnamon Roll Cookies (THM S)

(This single serve recipe has 15 grams of Protein, or consider it 5 grams of Protein per cookie.)

Ingredients

- 2 T THM Baking Blend
- 1 T THM Integral Collagen
- 1 T THM Gentle Sweet
- ½ T THM Just Gelatin
- ½ tsp Ground Cinnamon
- 1 pinch Salt
- 1 pinch Baking Soda
- 1 splash Vanilla Extract
- 1 T Refined Coconut Oil (melted)
- ½ Egg

Instructions

1. Mix dry ingredients together in a bowl. Add liquid ingredients and mix well together.
2. Divide into 3 balls and press into approximately 1/4" thick cookies on parchment paper on a cookie sheet.
3. Bake at 350* for 15 minutes. Cool.
4. Add glaze, spreading with a butter knife or pipe on a criss-cross pattern.

Glaze

1. Mix 1 ½ T of Powdered Gentle Sweet with a small amount of water to get the consistency you are wanting, approximately 1 tsp of water, but add a little at a time.

Cinnamon Roll Cookies (THM S)

(4 Servings - 12 Cookies)

Ingredients

- ½ cup THM Baking Blend
- ¼ cup THM Integral Collagen
- ¼ cup THM Gentle Sweet
- 2 T THM Just Gelatin
- 2 tsp Ground Cinnamon
- ¼ tsp Salt
- ¼ tsp Baking Soda
- 1 tsp Vanilla Extract
- ¼ cup Refined Coconut Oil (melted)
- 2 Eggs

Instructions

1. Mix dry ingredients together in a bowl. Add liquid ingredients and mix well together.
2. Divide into 12 balls and press into approximately 1/4" thick cookies on parchment paper on a cookie sheet.
3. Bake at 350* for 15 minutes. Cool.
4. Add glaze, spreading with a butter knife or pipe on a criss-cross pattern.

Glaze

1. Mix 6 T of Powdered Gentle Sweet with a small amount of water to get the consistency you are wanting, approximately 4 tsp of water, but add a little at a time.

Learn about more ways to boost your Healthy Weight Loss journey!

<https://www.coachlindajohnson.com/healthy-weight-for-life>