

COOKIE EXCHANGE

RECIPES & GROCERY LIST



Snowy Chocolaty Temptations

Chocolaty Temptation Cupcake Mix

Summer Berry Snowmen

Summer Berry Sweet Dip Mix

Be Still My Brownie Heart

Chocolate Bliss Brownie Mix

Luscious Lemon Tarts

Luscious Lemon Curd Mix

Shortbread Petites

Shortbread Cookie Mix

Soft Gingerbread Chews

Gingerbread Mix

Shortbread Cookies

Shortbread Cookie Mix

Luscious Lemon Bars

Luscious Lemon Curd Mix

True North Butter Tarts

True North Butter Tart Mix

Cinnamon Snowflake Snaps

Cinnamon

The holiday season is a magical time of year. Cold nights, hot chocolate, and twinkle lights will set the scene but baking is a sure-fire way to get everyone in a cheery mood. We've got the perfect menu if you're part of a cookie swap. Choose from our selection of gluten- and nut-free recipes.

Enjoy the variety of flavours—chocolate, lemon, berry, cinnamon, shortbread, and gingerbread—the more, the merrier!

GROCERY LIST

EPICURE PRODUCTS

- Chocolate Bliss Brownie Mix**
(Be Still My Brownie Heart)
- Chocolaty Temptation Cupcake Mix**
- Cinnamon or Apple Pie Spice**
(Cinnamon Snowflake Snaps)
- Gingerbread Mix** (Soft Gingerbread Chews)
- 2 pkgs Luscious Lemon Curd Mix**
(Luscious Lemon Bars & Luscious Lemon Tarts)
- 3 pkgs Shortbread Cookie Mix** (Shortbread Petites, Shortbread Cookies & Luscious Lemon Bars)
- Summer Berry Sweet Dip Mix**
(Summer Berry Snowmen)
- True North Butter Tart Mix**

PANTRY STAPLES

- 5¼ cups all-purpose flour**
 - 3 cups (Cinnamon Snowflake Snaps)
 - 2¼ cups (Summer Berry Snowmen)
- ¾ cup packed brown sugar**
(Cinnamon Snowflake Snaps)
- ¾ cup molasses**, preferably fancy
 - ½ cup (Cinnamon Snowflake Snaps)
 - ¼ cup (Soft Gingerbread Chews)
- ½ cup + 3 tbsp oil**
 - ½ cup (Be Still My Brownie Heart) | *Swap: butter*
 - 3 tbsp oil (Snowy Chocolaty Temptations)
Swap: coconut oil
- ½ cup sugar** (Summer Berry Snowmen)
- ¼ cup coconut oil** (Soft Gingerbread Chews)
- 3 tsp vanilla**
 - 2 tsp (Summer Berry Snowmen)
 - 1 tsp (Snowy Chocolaty Temptations)
- ½ tsp baking powder** (Summer Berry Snowmen)
- ½ tsp baking soda** (Cinnamon Snowflake Snaps)
- ¾ tsp salt**
 - ½ tsp (Cinnamon Snowflake Snaps)
 - ¼ tsp (Summer Berry Snowmen)

PROTEIN

- 13 eggs**
 - 3 (Luscious Lemon Bars)
 - 3 (Luscious Lemon Tarts)
 - 2 (Be Still My Brownie Heart)
 - 1 (Cinnamon Snowflake Snaps)
 - 1 (Snowy Chocolaty Temptations)
 - 1 (Soft Gingerbread Chews)
 - 1 (Summer Berry Snowmen)
 - 1, optional (True North Butter Tarts)

DAIRY

- 3¼ cups + 1 tbsp butter**, preferably unsalted
 - ¾ cup (Cinnamon Snowflake Snaps)
 - ¾ cup (Summer Berry Snowmen)
 - ½ cup (Luscious Lemon Bars)
 - ½ cup (Shortbread Cookies) | *Swap: unsalted margarine or vegan butter sticks*
 - ½ cup (Shortbread Petites) | *Swap: unsalted margarine or vegan butter sticks*
 - ¼ cup (True North Butter Tarts)
 - 1 tbsp, optional (Luscious Lemon Tarts)
- ¼ cup + 3 tbsp milk**, your choice
 - ¼ cup (Be Still My Brownie Heart)
 - 3 tbsp (Snowy Chocolaty Temptations)

BAKERY


- 42 frozen mini tart shells**
 - 24 (Luscious Lemon Tarts)
 - 18 (True North Butter Tarts) | *Tip: for Epic Life Program portions, use 24 mini tart shells.*

OTHER (optional)

- 1 pkg Royal Icing Mix**
- 1 container black gel food colouring**
- 1 container orange gel food colouring**



SNOWY CHOCOLATY TEMPTATIONS



TIP: Don't overbake cookies—the edges should just be set; they'll continue to cook while they rest in the pan. This will keep them moist and chewy.

TIP: Before starting, place **Sheet Pan** lined with **Sheet Pan Liner** in the fridge to chill.



TOTAL TIME: 45 min
(includes 20 min chill time)



16 COOKIES



\$0.39 CA/\$0.33 US PER SERVING

Coated with icing sugar, these chewy, chocolaty cookies look frosty, but melt in your mouth.

INGREDIENTS

1 egg
3 tbsp oil or coconut oil, melted
3 tbsp milk, your choice
1 tsp vanilla
1 pkg **Chocolaty Temptation Cupcake Mix**
Icing sugar, for coating, optional

NUTRITIONAL INFO

Per serving (1 cookie): Calories 80, Fat 3.5 g (Saturated 0.5 g, Trans 0 g), Cholesterol 15 mg, Sodium 140 mg, Carbohydrate 11 g (Fibre 1 g, Sugars 6 g), Protein 1 g.

INSTRUCTIONS

1. In a bowl, whisk egg, then whisk in oil and vanilla (ensure oil is well incorporated). Stir in mix. Dough will be dense. Refrigerate until firm, about 20–30 min or overnight.
2. Preheat oven to 350° F. Line **Sheet Pan** with **Sheet Pan Liner**.
3. Using a scant tbsp as a guide, form dough into balls. If dough gets too soft to work with, refrigerate again to chill. Roll balls in sugar to evenly coat, if desired.
4. Arrange balls 1" apart on pan. Bake until cookies crack on top and edges start to set (they'll still be a little soft), about 10–12 min. Let cool on pan for 5 min, then transfer to **Cooling Racks**.
5. Store in an airtight container, at room temperature, up to 5 days or freeze up to 3 months. Dust with more icing sugar, if needed, before serving.

SUMMER BERRY SNOWMEN



 **TOTAL TIME: 1 hr 20 min**  **25 COOKIES**  **\$0.22 CA/\$0.19 US PER SERVING**
(includes 30 min chill time)

Chewy, tender cookies, perfect for a cookie exchange!

INGREDIENTS

- ¾ cup unsalted butter, softened
- ½ cup sugar
- ¼ cup **Summer Berry Sweet Dip Mix**
- 1 egg
- 2 tsp vanilla extract
- 2¼ cups all-purpose flour
- ½ tsp baking powder
- ¼ tsp salt

NUTRITIONAL INFO

Per serving (1 cookie): Calories 110, Fat 6 g (Saturated 3.5 g, Trans 0.2 g), Cholesterol 25 mg, Sodium 30 mg, Carbohydrate 14 g (Fibre 0 g, Sugars 5 g), Protein 2 g.

INSTRUCTIONS

1. Using a stand mixer (with paddle attachment) or hand mixer, on medium speed, beat butter, sugar, and dip mix until smooth, about 2 min. Add egg and vanilla; beat on high until combined, scraping down sides as needed.
2. In a separate bowl, whisk together flour, baking powder, and salt. Gradually add to creamed mixture and mix until well combined.
3. Loosely form dough into a ball. Divide in two. Using a lightly floured rolling pin, roll out to ¼" thick on two floured **Sheet Pan Liners**. Place on **Sheet Pans**. Cover with plastic wrap and refrigerate 30 min, until firm. If making ahead, do not roll out dough; instead, cover dough balls in plastic wrap and refrigerate up to 1 week or freeze up to 2 months.

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SUMMER BERRY SNOWMEN

INSTRUCTIONS CONT'D

4. Preheat oven to 350° F.
5. Remove one rolled out dough from liner; place on lightly floured surface. Cut into circles or other shapes using cookie cutters. Reroll scraps of dough and continue to cut until it's used up. Place on **Sheet Pan** lined with **Sheet Pan Liner**. Don't overcrowd.
6. Bake, one sheet at a time, 12–14 min or until edges are set and surface appears dry. Rest in pan 5 min, then transfer to **Cooling Racks** to cool. Repeat with remaining dough. Cookies will keep well in an airtight container, at room temperature, up to 5 days, or freeze up to 2 months.



HOW TO DECORATE: To decorate round snowman cookies, you'll need royal icing and orange and black gel food colouring. See our **Royal Icing** recipe on epicure.com or buy Royal Icing Mix at most bulk stores. Fill one larger bowl with some of the royal icing, then divide the remainder between two smaller bowls. Stir orange food colouring into one small bowl and black into the other. Fit a piping bag with a small round icing tip.

Fill the bag with the uncoloured royal icing. Pipe a circular outline on each cookie. Starting with the first cookie, fill in each circle. Allow to set. Wash bag, then fill with orange icing. Pipe small triangle outlines in the centre of each cookie—this is the nose. Fill in triangles. Wash bag, then fill with black icing. Pipe two small dots for eyes and a happy smile. Let sit until icing is completely set, about 2 hours.

TIP: For soft, chewy cookies, make sure to bake only until edges start to set. If they've started to turn golden-brown, the cookies will be on the crunchier side. If you've cut your cookies into shapes that are smaller than 3", start checking for doneness after 10 min.

BE STILL MY BROWNIE HEART



TIP: Make cake pops! Roll scraps of brownies into balls, then roll in shredded coconut. Place a lollipop stick into each ball.

TIP: Decorate brownies with a thin layer of chocolate icing using the recipe on the back of **Chocolate Fudge Sauce Mix**. Use fun sprinkles to outline each heart.

 **TOTAL TIME: 1 hr 15 min** (includes 30 min cool time)  **12 SERVINGS**  **\$0.52 CA/\$0.44 US PER SERVING**

Dense brownies are perfect for cutting into shapes using cookie cutters. A simple cookie cutter, like a heart shape, is best for these fudgy brownies. Alternatively, you can cut into squares, triangles, or circles.

INGREDIENTS

2 eggs
½ cup oil or melted butter + more for oiling
¼ cup water or milk, your choice
1 pkg **Chocolate Bliss Brownie Mix**
Toppings (optional): **Tutti Fruit Whole Food Topper**, sprinkles, or sugar pearls

NUTRITIONAL INFO

Per serving (1 brownie): Calories 170, Fat 11 g (Saturated 1.5 g, Trans 0 g), Cholesterol 40 mg, Sodium 180 mg, Carbohydrate 16 g (Fibre 2 g, Sugars 11 g), Protein 3 g.

INSTRUCTIONS

1. Preheat oven to 350° F.
2. Line **¼ Sheet Pan** with **¼ Sheet Pan Liner**. Generously brush with oil.
3. In a large bowl, whisk eggs with oil, then whisk in water. Stir in mix; scrape into pan. Smooth top and spread to the edges as best you can.
4. Bake 15 min or until a toothpick inserted in the centre comes out clean. Rest in pan until cool, at least 30 min.
5. Gently flip the Sheet Pan Liner and brownie onto a cutting board. Peel away the liner from the brownie. Using a cookie cutter of your choice, cut into 12 shapes. Decorate with toppings, if desired.

LUSCIOUS LEMON TARTS

TIP: Tarts taste best well-chilled. If time allows, refrigerate 10–15 min before serving. If making ahead, bake tart shells and prep lemon curd overnight. Refrigerate until ready to use. Fill tarts up to 2 hours before serving.



 **TOTAL TIME: 20 min**  **24 MINI TARTS**  **\$0.51 CA/\$0.43 US PER SERVING**

Prepare the **Luscious Lemon Curd** (follow the recipe on pack) ahead of time to get these delicious tarts on the table in 20 min!

INGREDIENTS

1 recipe prepared Luscious Lemon Curd, cooled

24 frozen mini tart shells

NUTRITIONAL INFO

Per serving (1 mini tart): Calories 100, Fat 4 g (Saturated 1.5 g, Trans 0 g), Cholesterol 25 mg, Sodium 65 mg, Carbohydrate 14 g (Fiber 0 g, Sugars 6 g), Protein 2 g.

INSTRUCTIONS

1. Preheat oven to 375° F.
2. Place tart shells on **Sheet Pan**. Bake for 10–12 min, or until golden.
3. Remove tarts from foil cups. Let cool, then spoon in lemon curd, about 1 tbsp per tart.

SHORTBREAD PETITES



TIP: Make it vegan—swap butter for unsalted margarine or vegan butter sticks.

TIP: Use Prep Pro Scoop (2 tbsp) to easily divide dough between wells.



TOTAL TIME: 30 min



15 PETITES



\$0.39 CA/\$0.33 US PER SERVING

INGREDIENTS

1 pkg Shortbread Cookie Mix
½ cup unsalted butter, softened
1 tbsp water

NUTRITIONAL INFO

Per serving (1 petite): Calories 100, Fat 7 g (Saturated 4 g, Trans 0.2 g), Cholesterol 15 mg, Sodium 35 mg, Carbohydrate 11 g (Fibre 1 g, Sugars 3 g), Protein 1 g.

INSTRUCTIONS

1. Preheat oven to 375° F. Place **Perfect Petites** on **Sheet Pan**. Using a basting brush, brush with oil.
2. Using a stand mixer (with paddle attachment) or hand mixer, on medium speed, beat mix with butter and water for 2–3 min or until a soft, uniform dough forms.
3. Divide between 15 wells in Perfect Petites, about 1 heaping tbsp per well. Using the back of the spoon, press evenly into wells. Using a fork or toothpick, dock shortbread (poke holes in it).
4. Bake 14–16 min or until edges are lightly golden. Let cool on pan completely before unmolding.

SOFT GINGERBREAD CHEWS



TIP: Don't overbake cookies—the edges should just be set; they'll continue to cook while they rest in the pan. This will keep them moist and chewy.

TIP: Before starting, place **Sheet Pan** lined with **Sheet Pan Liner** in the fridge to chill.

 **TOTAL TIME:** 45 min (includes 20 min cool time)  **18 COOKIES**  **\$0.40 CA/\$0.34 US PER SERVING**

These are soft and chewy with a tingly ginger kick!

INGREDIENTS

1 egg
¼ cup coconut oil, melted
¼ cup molasses, fancy or cooking
1 pkg **Gingerbread Mix**
Granulated sugar, for coating, optional

NUTRITIONAL INFO

Per serving (1 cookie): Calories 90, Fat 3.5 g (Saturated 2.5 g, Trans 0 g), Cholesterol 15 mg, Sodium 115 mg, Carbohydrate 13 g (Fibre 1 g, Sugars 9 g), Protein 1 g.

INSTRUCTIONS

1. In a bowl, whisk egg, then whisk in oil and molasses. Stir in mix. Dough will be very dense. Refrigerate until firm, about 20–30 min or overnight.
2. Preheat oven to 350° F. Line **Sheet Pan** with **Sheet Pan Liner**.
3. Using scant tbsp as a guide, form dough into balls. If dough gets too soft to work with, refrigerate again to chill. Roll balls in sugar, if using, to evenly coat.
4. Arrange balls 1" apart on pan. Bake until cookies crack on top and edges start to set (they'll still be a little soft), about 10–12 min. Let cool on pan 5 min, then transfer to **Cooling Racks**.
5. Store in airtight container, at room temperature, up to 5 days or freeze up to 3 months.

SHORTBREAD COOKIES

TIP: For perfectly even cookies, use **Prep Pro Scoop (2 tbsp)** and scrape scoop to level on the side of the bowl.



TIP: Make it vegan—swap butter for unsalted margarine or vegan butter sticks.



TOTAL TIME: 26 min



15 COOKIES



\$0.39 CA/\$0.33 US PER SERVING

INGREDIENTS

1 pkg **Shortbread Cookie Mix**
½ cup unsalted butter, softened
1 tbsp water
Sea Salt, optional

NUTRITIONAL INFO

Per serving (1 cookie): Calories 100, Fat 7 g (Saturated 4 g, Trans 0.2 g), Cholesterol 15 mg, Sodium 35 mg, Carbohydrate 11 g (Fibre 1 g, Sugars 3 g), Protein 1 g.

INSTRUCTIONS

1. Preheat oven to 375° F. Line **Sheet Pan** with **Sheet Pan Liner**.
2. Using a stand mixer (with paddle attachment) or hand mixer, on medium speed, beat mix with butter and water for 2-3 min or until a soft, uniform dough forms. It should not look crumbly.
3. Using the **Prep Pro Scoop**, scoop or roll dough into 15 balls, about one heaping tbsp each.
4. Arrange on pan, spacing 1" apart. Gently press to flatten slightly. Sprinkle with salt, if desired.
5. Bake 14-16 min or until edges are light golden. Let cool on pan completely before removing.

LUSCIOUS LEMON BARS



 TOTAL TIME: 1 hr 35 min  30 BARS  \$0.39 CA/\$0.33 US PER SERVING

INGREDIENTS

SHORTBREAD CRUST

1 pkg **Shortbread Cookie Mix**
½ cup unsalted butter, softened
1 tbsp water

LEMON LAYER

3 eggs
1 pkg **Luscious Lemon Curd Mix**
½ cup water

Topping (optional): icing sugar

NUTRITIONAL INFO

Per serving (1 bar): Calories 80, Fat 4 g (Saturated 2 g, Trans 0.1 g), Cholesterol 25 mg, Sodium 25 mg, Carbohydrate 11 g (Fibre 0 g, Sugars 5 g), Protein 1 g.

INSTRUCTIONS

1. Preheat oven to 350° F. Place **Perfect Petites** on **Sheet Pan**. Using a basting brush, brush with oil.
2. Using a stand mixer (with paddle attachment) or hand mixer, on medium speed, beat Shortbread Cookie Mix with butter and water for 2–3 min or until a soft, uniform dough forms.
3. Using **4-in-1 Spice Spoon**, divide between 30 wells in Perfect Petites, about ½ tsp per well. Using the back of the spoon, press evenly into wells.
4. Bake 15 min. Shortbread will have risen but still be soft.
5. In a medium bowl, whisk eggs. Add Luscious Lemon Curd Mix and water; whisk until well combined. Transfer mixture to a spouted measuring cup. Pour into wells over pre-baked shortbread. Fill to the top of each well.
6. Bake until the top is set and no longer jiggles when you move the pan, about 15 min. Cool in pan until room temperature. Gently pop out bars and dust with icing sugar, if desired.

TRUE NORTH BUTTER TARTS

TIP: For a 100 calorie, Epic Life Program approved dessert, divide filling between 24 mini tart shells



TIP: For slightly larger tarts, divide filling between 12 tart shells.



TOTAL TIME: 30 min



18 MINI TARTS



\$0.57 CA/\$0.48 US PER SERVING

Pre-bake and cool tart shells ahead of time to get these Canadian classic tarts on the table in 20 min.

INGREDIENTS

18 frozen mini tart shells
¼ cup unsalted butter
1 pkg **True North Butter Tart Mix**
¼ cup warm water
1 egg, optional

NUTRITIONAL INFO

Per serving (1 mini tart, no egg): Calories 120, Fat 6 g (Saturated 3 g, Trans 0.1 g), Cholesterol 5 mg, Sodium 90 mg, Carbohydrate 14 g (Fibre 0 g, Sugars 7 g), Protein 1 g.

INSTRUCTIONS

1. Preheat oven to 375° F. Place tart shells on **Sheet Pan** and bake 10–12 min, or until golden.
2. Meanwhile, melt butter in the microwave, about 30 sec. In a bowl, whisk melted butter with mix and water until well combined. For a thicker filling, whisk in egg, if desired.
3. Divide filling into cooled tart shells. Bake 10–12 min or until filling is lightly browned and bubbling. Filling will thicken as it cools; cool completely before serving.

CINNAMON SNOWFLAKE SNAPS



TOTAL TIME: 2 hrs
(includes 30 min cool time)



30 COOKIES



\$0.17 CA/\$0.14 US PER SERVING

A cookie with crispy, crunchy edges, perfect to dunk in milk!

INGREDIENTS

- ¾ cup unsalted butter, softened
- ¾ cup packed brown sugar
- 1 egg
- ½ cup fancy molasses
- 3 cups all-purpose flour
- 2 tsp **Cinnamon** or **Apple Pie Spice**
- ½ tsp baking soda
- ½ tsp salt

NUTRITIONAL INFO

Per serving: Calories 130, Fat 5 g (Saturated 3 g, Trans 0.1 g), Cholesterol 20 mg, Sodium 65 mg, Carbohydrate 19 g (Fibre 0 g, Sugars 9 g), Protein 2 g.

INSTRUCTIONS

1. Using a stand mixer (with paddle attachment) or hand mixer, on medium speed, beat butter with sugar, about 2 min. Beat in egg, then molasses.
2. In a separate bowl, whisk together flour, Cinnamon, baking soda, and salt. Gradually add to creamed mixture and mix until well combined.
3. Form dough into a ball. Divide in two. Using a floured rolling pin, roll out to ¼" thick on two floured **Sheet Pan Liners**. Place on **Sheet Pans**. Cover with plastic wrap and refrigerate 30 min, until firm. If making ahead, do not roll out dough; instead, cover dough balls in plastic wrap and refrigerate up to 1 week or freeze up to 2 months.
4. Preheat oven to 350° F.

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CINNAMON SNOWFLAKE SNAPS

INSTRUCTIONS CONT'D

5. Remove one rolled out dough from liner; place on lightly floured surface. Cut into shapes using cookie cutters. Reroll scraps of dough and continue to cut until it's used up. Place on **Sheet Pan** lined with **Sheet Pan Liner**. Don't overcrowd.
6. Bake, one sheet at a time, until firm, 16–18 min. Rest in pan 5 min, then transfer to **Cooling Racks**. Repeat with remaining dough. Cookies will keep well in an airtight container, at room temperature, up to 5 days, or freeze up to 2 months.



TIP: For really snappy cookies, roll dough between $\frac{1}{8}$ " and $\frac{1}{4}$ " thick. Start checking for doneness after 12 min. They should be firm out of the oven but will continue to crisp up while cooling.

TIP: To make a cookie ornament, using a straw, poke out a small hole in each cookie before baking. After baking, thread hole with a pretty ribbon or string.

