

52 ALLERGY Friendly COOKIES for KIDS



By Tiffany Rogers

www.allergycookie.com

LAYOUT DESIGN BY LYNNE BURNS

CHARACTER ART BY JAMES ROGERS

Find More Info on the Web!



ALLERGY COOKIE YOUTUBE CHANNEL

<https://www.youtube.com/allergycookie>



ALLERGY COOKIE PINBOARDS

(featuring top 8 free products, cookbooks, recipe sites, etc.)

<https://www.pinterest.com/allergycookie/>



KITCHEN SCIENCE TIPS

<https://www.allergycookie.com/kitchen-science-101/>



DOWNLOAD THE INTERACTIVE PDF EBOOK FOR 75% OFF

(Use Code COOKIE75)

<https://www.allergycookie.com/product/52cookies/>

Welcome!

There's no better way to get excited about creating in the kitchen than by baking up our simple and sweet top 8 allergen free cookies! Plus, you have the added benefit of delicious joy that comes from a fresh baked cookie you know has been prepared in a safe place.

No eggs or milk in the batter means even kids who aren't allergic, can still safely sample the batter (who doesn't like licking the spoon?). Plus, we have options for your vegan friends too.

These recipes also work great for wheat eating friends. If you can safely eat wheat in your house, just substitute the gluten free flour for wheat flour in most of these recipes and your cookies will still be delicious!

Don't forget to read our important Cookie Tips (see *page 4*) before you get started. We hope you have a fun and safe time creating these sweet treats!

IN THIS BOOK

- 4** Chef Cookie Tips 
- 5** Icing & Frosting Recipes
- 9** Anytime Cookies
- 41** Winter Cookies
- 65** Spring & Summertime
- 91** Fall Cookies
- 109** Christmas Cookies
- 123** Index

Chef Cookie Tips

TIP #1: SAFETY FIRST

None of the foods in this book contain any of the top 8 food allergens, but that doesn't mean they are safe for you! Check with your parents about each food (some might be made on shared lines or have other ingredients your parents want you to avoid).

TIP #2: USE OUR PINBOARDS

Don't forget to check out the Allergy Cookie Pinboards for more ideas on great top 8 free ingredients and decorating candies!

TIP #3: ICING AND FROSTING ARE NOT THE SAME

Royal icing is great for decorating and works well in condiment bottles or decorator bags because it dries firm and shiny, but sometimes you want the flavor and textures of a frosting! Pay attention to the type of icing or frosting recommended for each cookie, but don't be afraid to experiment and mix it up either.

TIP #4: ASK A PARENT FOR HELP

Always remember to have a parent help you with the stove, oven and hard places to reach in the kitchen!

Hey kids! I'm Chef Cookie, here to tell you some important things to remember when making cookies from this book! Make sure you read all of my tips before you get started and watch for more along the way. Stay safe and have fun!



Icing and Frosting Recipes



There are so many ways to make icing and frosting! You can have different textures, consistency, flavors and colors, depending on what you want to do with it. In this book, we'll use three different recipes to get you started and even tell you which one we like best for each cookie in our book... but don't stop there!

Put your creativity to work by mixing and matching as you wish! You can find even more recipes on our site.

- 6 Royal Icing
- 7 Buttercream Frosting
- 8 Cream "Cheeze" Frosting



Chef Cookie Tip:

Work quickly with this icing and keep the portion you aren't using covered with a wet cloth to keep it from getting too firm, too quick. If it does harden up before you're done with it, you can always microwave it for a few seconds or even run your fingers under warm water, then use your wet fingers to shape the icing how you like it!

ROYAL ICING

This icing is great for decorating because it dries firm and fast. We use it for building cookie houses during the holidays but it also works great for dipping cookies to get frosting all the way to the edges of tricky shapes or any other time you want the frosted surface to be smooth and shiny.

What You Need

1/4 c. warm water
1 T. light corn syrup
3 c. powdered sugar
safe food coloring
(optional)

What To Do

1. Mix warm water and corn syrup until corn syrup is dissolved.
2. Gradually add powdered sugar, stirring, until well blended.
3. Beat on high 7 to 10 minutes, until glossy.
4. Add food coloring, if desired.

BUTTERCREAM FROSTING

This is the type of frosting that you put on cakes. It's thick, rich buttery flavor is a delicious way to frost any cookie with a creamy look without any decorating required. Of course, you can always add sprinkles or candies as you wish!

What You Need

2 3/4 c. powdered sugar

1/4 c. safe butter
alternative

1 t. vanilla extract

2 T. safe milk alternative

boiling hot water
(1 t. at a time)

What To Do

1. Blend powdered sugar with butter alternative (mixture will be dry and crumbly, not smooth).
2. Beat in milk substitute and vanilla.
3. Add small amounts of hot water until you achieve the consistency you want.



Chef Cookie Tip:

For best results, let cookies set overnight before serving!



FRUITCAKE NO-BAKE COOKIES

What You Need

- 1 box Christmas DOTS Candies
- 3 c. cornflakes
- 1 1/2 c. Corn Chex cereal
- 1 1/2 c. Rice Chex cereal
- 1/4 c. coconut (optional)
- 4 ounces cream cheese alternative
- 3 T. safe butter alternative
- 1 1/4 c. sugar
- 1/2 c. safe milk alternative
- 1 t. vanilla





What To Do

1. Cut DOTS candies into fourths and set aside. *(Fig. 1)*
2. Seal Chex in plastic bag and crush with a spoon. *(Fig. 2)*
3. Mix with cornflakes & coconut.
4. Add cream cheese alternative (don't stir) and set aside. *(Fig. 3)*
5. In medium saucepan melt butter alternative, add milk alternative, sugar, and vanilla and bring to a rolling boil over medium high heat, stirring constantly.
6. Boil for one minute and remove from heat.
7. Stir into cereal mixture until well combined. *(Fig. 3)*
8. Stir in DOTS candies. *(Fig. 4)*
9. Drop onto wax paper coated cookie sheets and let cool until set.

#52cookies



SHARE WITH US!

Don't forget to show us how much fun you're having making safe cookies! Take pictures of your cookies in progress, take a selfie of yourself sampling the batter or eating your cookies, and take pictures of your finished product, too. Next, post your pictures on social media using the hashtag: [#52Cookies](#) and tag [@AllergyCookie](#) when you do! See you on the web!



[allergycookie](#)



[allergycookie#](#)



[@allergycookie](#)



[+allergycookie](#)



[allergycookie](#)

Alphabetical Index

A

Abraham Lincoln, **52**
Apple Pie Cookies, **106**

B

Back-to-School Apple Cookies, **92**
Bunny Cookie Pops, **84**
Buttercream Frosting, **7**

C

Camo Cookies, **36**
Chocolate Chip Cookies, **10**
Classic No-Bake Cookies, **26**
Conversation Heart Cookies, **60**
Cookie Dough Truffle Pops, **28**
Cream "Cheeze" Frosting, **8**

E

Earmuff Snowman, **48**
Easter Basket Cookies, **80**
Eyeball Cookies, **100**

F

Filled Drum Cookies, **116**
Fishbowl Cookies, **32**
Flourless Sunbutter Cookies, **120**
Flower Cookies, **70**
Flower Cookie Pops, **66**
Food Allergy Awareness Cookies, **38**
Fruit Pizza Cookies, **86**
Fruitcake No-Bake Cookies, **120**

G

George Washington, **50**

I

Ice Cream Cookie Sandwiches, **88**

J

Jelly Bean Surprise Cookies, **82**

L

Luau Cookies, **24**

M

Marbled Holiday Cookies, **118**
Mardi Gras Cookies, **62**
Marshmallow Cap Snowman, **46**
Monster Mouth Cookies, **94**
Mummy Cookies, **96**

N

Nest Cookies, **78**

O

Oatmeal Raisin Cookies, **12**

P

Party Cookies, **34**
Pot O' Gold Cookies, **74**
Pumpkin Chocolate Chip Cookies, **18**
Pumpkin Sugar Cookie, **102**

R

Rainbow Cookies, **76**
Reindeer Cookies, **114**
Royal Icing, **6**

S

Santa Belly Cookies, **110**
Santa Face Cookies, **112**
Snickerdoodles, **16**
Snowflake Cookies, **44**
Snowman Pretzel Cookies, **42**
Soft Sugar Cookies, **14**
Spider Cookies, **98**
Sports Ball Cookie Pops, **30**
Sugar Crystal Flowers, **68**
Sunbutter & Jelly Thumbprints, **22**

T

Tulip Cookies, **72**
Turkey Cookies, **104**

V

Valentine Cookie Kebabs, **58**
Valentine Cookie Pops, **54**
Valentine Sandwich Cookies, **56**