

## Just eat the cookie!

**Summary:** *With the holiday season already rollin' here, it is now time to feast and feast. For sakes, ignore the calorie count and enjoy the day spent with your loved ones.*

The holidays are officially upon on us and with those come endless parties and often cookie exchanges. If you're trying to keep your health in check, it can be difficult to say no to all of the sugary treats that come your way during this time of the year. Deprivation is usually not the answer because it leads us to feel restricted and want to overeat when we get the chance.

How do we deal with this conundrum? For one thing, you can allow yourself the treats that you really want, like having one of your mom's famous cinnamon rolls or a small piece of your favorite pecan pie. Instead of saying no to your friend's cookie exchange party and missing out on spending time with people you love, try bringing a healthy cookie option and even encouraging others whom you're close to or who share you goals to do the same.

Just because they're "healthy" doesn't mean these cookies aren't delicious. Don't even tell everyone that they may have different ingredients than their classic cookies and see what they think! Here are 16 healthy cookie recipes for you to try during the holiday season.



Maple Almond Butter Chocolate Chunk Cookies from Sally's Baking Addiction





Salted Caramel Thumbprint Cookies from The Bakerita



Banana Oatmeal Chocolate Chip Cookies from Averie Cooks



[Black and White Meringue Cookies from Diethood](#)



[Peanut Butter Chocolate Chip Cookies with Sea Salt from Ambitious Kitchen](#)



[Healthy Vegan Gingersnap Cookies from Hummusapien](#)





[Paleo Nutella Cookies from The Big Man's World](#)



[Almond Joy Cookies from Mom on Timeout](#)



[Coconut Macaroons Dipped in Dark Chocolate from Fit Foodie Finds](#)



[The Ultimate Healthy Gingerbread Cookies from Amy's Healthy Baking](#)



[Low Sugar Sugar Cookies from The Bewitchen Kitchen](#)



[German Cinnamon Stars from The Sugar Free Londoner](#)



[Paleo Hot Cocoa Cookies with Vanilla Bean Frosting from Fit Foodie Finds](#)



[Healthy Avocado Chocolate Truffles from Sweet As Honey](#)



Healthy No Bake Cinnamon Roll Cookies from The Big Man's World

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