

Description: These Cranberry & Pistachio Refrigerator Cookies combine bright tart cranberries with nutty pistachios in a soft, buttery slice-and-bake treat. Formulated with low-carb almond flour and collagen protein powder, they deliver sweet bakery flavor while supporting a high-protein, low-carb lifestyle. They are prep-ahead friendly, perfectly portioned, and ideal for effortless clean eating.

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Can This Recipe Support Weight Loss Goals?

Yes, this recipe supports weight loss goals by replacing refined flour and sugar with almond flour, collagen protein, and natural low-carb sweeteners. The combination of protein, dietary fiber, and healthy fats helps increase satiety and stabilize blood sugar levels, preventing energy crashes and overeating throughout the day.

Does This Recipe Fit a High-Protein Lifestyle?

These slice-and-bake cookies fit a high-protein lifestyle by incorporating protein-dense ingredients like almond flour, whey or collagen powder, and chopped pistachios. With minimal net carbs per serving, they deliver quality protein without spiking insulin levels. They

serve as a balanced, nutrient-dense snack or dessert for macro-conscious diets.

My Personal Experience

- Effortless Prep Routine

Chilling the dough log makes slicing completely hassle-free and keeps the cookies perfectly uniform every single time.

- Balanced Flavor Profile

The combination of tart cranberries and salty pistachios delivers a gourmet taste without needing excess added sugar.

Perfect For:

- High-protein snacks for work or post-workout fuel
- Low-carb desserts and keto-friendly holiday baking
- Meal prep plans requiring quick grab-and-go treats

Why You'll Love This Recipe:

- Make-Ahead Convenience

You can shape the dough into a log and freeze it, slicing fresh cookies whenever a sweet craving strikes.

- Macro-Friendly Indulgence

Each serving provides high protein and low net carbs, making it easy to hit daily fitness goals while enjoying dessert.

Common Mistakes to Avoid:

1. **Skipping the Chilling Step:** Slicing warm dough causes the cookies to flatten and lose their circular shape during baking.
2. **Over-Baking:** Leaving them in the oven past the light golden stage results in dry, brittle cookies rather than a chewy bite.
3. **Using Softened Butter at Room Temp:** Dough that is too warm makes the pistachios and cranberries sink rather than stay evenly distributed.
4. **Chopping Nuts Too Large:** Large pistachio pieces make slice-and-bake cookies crumble when sliced with a knife.

Required Equipment:

- **Sharp Chef's Knife** — Cuts clean, uniform cookie slices without crumbling the chilled dough log.
- **Parchment Paper** — Prevents sticking to the baking sheet and ensures even browning on the bottom.
- **Electric Hand Mixer** — Creams butter and protein ingredients thoroughly for a light, consistent texture.
- **Plastic Wrap** — Seals the dough log tightly to prevent it from drying out or absorbing fridge odors.

Storage Instructions:

Store baked cookies in an airtight container at room temperature for up to 3 days, or refrigerate for up to 10 days. For longer storage, freeze the raw dough log wrapped tightly in plastic wrap and foil for up to 3 months; simply slice and bake straight from frozen, adding 1-2 minutes to the total baking time.

Recipe Details

- Preparation Time: 15 minutes (plus 2 hours chilling)
- Cooking Time: 12 minutes
- Total Time: 2 hours 27 minutes
- Servings: 16 cookies
- Best Season for This Recipe: All-season (especially popular for winter holiday baking)
- Total Calories (Per Serving): ~145 kcal (*approximate estimate*)

A batch of slice-and-bake cookies packed with tart cranberries, crunchy pistachios, and added protein. Made with almond flour and unflavored protein powder, these treats keep net carbs low while delivering delicious flavor. Keep the dough log in your fridge for easy baking whenever sweet cravings strike.

□ Ingredients:

- 1 ½ cups almond flour (*blanched, fine*)
- ½ cup unflavored protein powder or collagen peptides
- ⅓ cup erythritol or monk fruit sweetener (*granular*)
- ½ cup unsalted butter (*cold, cut into cubes*)
- ⅓ cup dried cranberries (*unsweetened or fruit-juice sweetened, finely chopped*)
- ⅓ cup pistachios (*shelled, raw or dry-roasted, finely chopped*)
- 1 tsp vanilla extract

- 1 tbsp unsweetened almond milk (*only if needed to bind*)
- ¼ tsp sea salt

Directions:

1. Combine Dry Ingredients: In a medium bowl, whisk together the almond flour, protein powder, low-carb sweetener, and sea salt.
2. Cream the Butter: Using an electric mixer on medium speed, beat the cold butter and vanilla extract into the dry mixture for 2–3 minutes until a crumbly, coarse dough forms. (*Tip: Keep butter cold to preserve texture*).
3. Fold in Add-ins: Gently fold in the finely chopped cranberries and pistachios using a spatula until evenly distributed.
4. Shape & Chill: Transfer dough onto plastic wrap, shape into a firm log about 2 inches in diameter, and wrap tightly. Refrigerate for at least 2 hours until solid.
5. Preheat & Slice: Preheat oven to 350°F (175°C) and line a baking sheet with parchment paper. Use a sharp knife to cut the log into 16 slices (about ⅓-inch thick).
6. Bake: Arrange slices 1 inch apart. Bake on medium rack for 10–12 minutes until edges are light golden brown.
7. Cool: Remove from oven and let cookies cool on the baking sheet for 10 minutes to set before transferring to a wire rack.

Nutrition Facts (Per Serving – Approximate):

- Calories: 145 kcal
- Fats: 12g

- Cholesterol: 15mg
- Sodium: 65mg
- Potassium: 95mg
- Total Carbohydrates: 6g
- Fiber: 2g
- Net Carbs: 4g
- Sugars: 2g
- Protein: 6g
- Calcium: 35mg

Notes:

- Storage & Reheating: Store in an airtight container in the fridge for up to 10 days. No reheating needed, though warming for 5 seconds in the microwave softens the center.
- Allergy Info: Contains tree nuts (almonds, pistachios) and dairy (butter). Swap butter for coconut oil to make dairy-free.
- Flavor Boost: Add ½ tsp of fresh orange zest to the dough for a bright citrus note that pairs perfectly with cranberries.