

ALMOND

ALCHEMY



Katy's Bakery

INTRODUCTION

THIS ISN'T A 'LIGHT' COOKIE RECIPE OR A COPY OF VIRAL TRENDS.

IT'S A SMART BASE DOUGH, DESIGNED TO OFFER:

- **DELICATE TEXTURE**
- **REAL FLAVOR**
- **STABLE DURING BAKING**
- **CREATIVE FREEDOM**

*By learning this foundation, you don't learn a recipe:
you learn a system.*



THE CONCEPT BEHIND THE RECIPE

**THIS DOUGH WORKS BECAUSE IT BALANCES
4 KEY ELEMENTS:**

**1. HIGH-QUALITY REAL → BUTTER FAT
FOR FLAVOR AND STRUCTURE**

**2. FUNCTIONAL FLOURS: → ALMOND AND COCONUT
FOR BALANCE AND BODY**

**3. SMART FLAXSEED → FIBER FOR
COHESION AND SATIATION**

4. CONSCIOUS SWEETNESS → WITHOUT SUGAR SPIKES

The result:

*Thin, delicate, and adaptable cookies,
without feeling heavy.*



INGREDIENTS

MAKES APPROXIMATELY 28 SMALL COOKIES

- **100G BUTTER** (IDEAL: KERRY GOLD WITH SALT)
- **39G SWERVE ICING SUGAR** (SUBSTITUTE FOR POWDERED SUGAR).
- **170 G ALMOND FLOUR**
- **30 G COCONUT FLOUR**
- **19 G GROUND GOLDEN FLAXSEED**
- **1 EGG** (PREFERABLY ORGANIC).
- **PINCH OF MALDON SALT**

OPTIONAL EXTRAS (GUIDED CREATIVITY)

- **SPICES (CINNAMON, CARDAMOM, GINGER)**
- **ORANGE OR LEMON ZEST**
- **CHOPPED DARK CHOCOLATE (85% OR MORE)**



CONSCIOUS PROCEDURE

(KEY TO THE RESULT)

1. **PREHEAT THE OVEN TO 180 °C / 350 °F**
2. **CREAM THE BUTTER WITH CREAM THE BUTTER WITH GLASS EVEN SOFT TEXTURE**
3. **ADD ALL THE INGREDIENTS DRY**
4. **INCORPORATE THE EGG AND A PINCH OF SALT**
5. **MIX UNTIL HOMOGENEOUS**
6. **REMOVE FROM THE BOWL AND GENTLY COMPACT WITH THE HANDS**
7. **WRAP IN FILM AND REFRIGERATE 30 MINUTES**

Cold is part of the recipe, not an optional step

8. **STRETCH TO 2-3 MM THICK**
9. **CUT WITH THE DESIRED MOLD**
10. **REFRIGERATE AGAIN OR FREEZE**
11. **BAKE FOR APPROXIMATELY 10 MINUTES, UNTIL THE EDGES ARE GOLDEN BROWN. ARE BARELY GOLDEN**

If they're overbaked, they lose their delicate texture. These cookies aren't meant to be dark in color.



IDEAL TEXTURE

(PROFESSIONAL JUDGMENT)

- **CENTER: TENDER AND DELICATE**
- **BORDERS: BARELY GOLDEN**
- **BITE: FINE, NOT BRITTLE**
- **FLAVOR: CLEAN, WITHOUT AN ARTIFICIAL FEEL**



PREMIUM VARIATION SYSTEM

(Here's the real value)

ELEGANT CITRUS

- ZEST OF LEMON OR ORANGE
- TOUCH OF NATURAL VANILLA

CONSCIOUS CHOCOLATE

- DARK CHOCOLATE CHOPPED
- A PINCH OF MALDON SALT WHEN IT COMES OUT OF THE OVEN

FUNCTIONAL SPICED

- CINNAMON + CARDAMOM
- IDEAL FOR DIGESTION AND AROMA

EXTRA FILLING

- FINELY CHOPPED WALNUTS OR ALMONDS

FESTIVE

- GINGER + CLOVE + ORANGE

One mass = minimum 10 different profiles



SMART CONSERVATION

- **REFRIGERATED: UP TO 5 DAYS**

- **FROZEN (RAW): PERFECT**

DIRECT BAKING

- **IDEAL FOR:**

- MINDFUL SNACKS**

- COFFEE OR TEA**

- HANDMADE GIFT BOXES**



MENSAJE FINAL

- 1) THIS GROUP DOESN'T SEEK SPEED OR INDUSTRIAL PERFECTION.**
- 2) IT SEEKS CALM, INTENTION, AND ENJOYMENT.**
- 3) IT LEARNS THE BASICS, UNDERSTANDS THE WHY, AND CREATES FROM THERE.**



COOKIE 1

CLASSIC NATURAL

THE ESSENCE OF THE BASE DOUGH.

PROFILE:

CLEAN. DELICATE.

BALANCED

IDEAL FOR:

COFFEE. TEA. CHILDREN.

NEUTRAL PALATES

- NO EXTRAS ARE ADDED.
- IT ALLOWS YOU TO APPRECIATE
THE TEXTURE
- REAL OF THE MASS

*It's the reference point.
Everything starts here.*



COOKIE 2

LEMON AND VANILLA

FRESH AND AROMATIC

ADD TO THE BASE DOUGH:

- **FINELY GRATED ZEST OF
1 LEMON**
- **1/2 TEASPOON OF NATURAL
VANILLA**

PROFILE:

FRESH, LIGHT, ELEGANT

IDEAL FOR:

AFTERNOON, INFUSION,

WARM WEATHER

Do not add juice. Only grate to avoid altering the structure.



COOKIE 3

MALDON CHOCOLATE & SALT

THE PERFECT CONTRAST

ADD TO THE BASE DOUGH:

- **40 G OF DARK CHOCOLATE**
85% CHOPPED

AS IT COMES OUT OF THE OVEN:

- **A TINY PINCH OF MALDON**
SALT ON TOP

PROFILE:

DEEP. MATURE. SATISFYING

IDEAL FOR:

CONSCIOUS CRAVING.

LIGHT DESSERT



COOKIE 4

SPICED COMFORTING

CALMING AND DIGESTIVE

ADD TO THE BASE DOUGH:

- **1/2 TEASPOON OF CINNAMON**
- **PINCH OF CARDAMOM OR GINGER**

PROFILE

WARM, AROMATIC

IDEAL FOR:

TOMORROW, WINTER, DIGESTION



COOKIE 5

ALMOND AND ORANGE

NATURAL TEXTURE AND AROMA

ADD TO THE BASE DOUGH:

- **ORANGE ZEST**
- **30G FINELY CHOPPED ALMONDS**

PROFILE

SLIGHTLY CRISP.

FRAGRANT

IDEAL FOR:

SHARE. GIVE AS A GIFT.

ELEGANT TABLE



EDUCATIONAL KEY

EACH VARIATION:

- **MAINTAINS THE SAME STRUCTURE**
- **RESPECTS THE BASE MASS**
- **ONLY CHANGES THE SENSORY PROFILE**

This teaches you to create without breaking the recipe.



CONSERVATION AND USE

- ALL VERSIONS KEEP THE SAME
- CAN BE FROZEN RAW
- IDEAL FOR:
 - ✓ GIFT BOXES
 - ✓ HEALTHY DESSERT TABLES
 - ✓ SMALL-SCALE ARTISANAL PRODUCTION
- MINDFUL BAKING DOESN'T MULTIPLY RECIPES. IT MULTIPLIES POSSIBILITIES STARTING FROM A GOOD FOUNDATION.



THANK YOU

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