

Sugar-Free Cool Whip Cookies: Soft, Delicious & Easy Guilt-Free Treat

Sugar-Free Cool Whip Cookies



OVEN
350°F

TIME
10-12 min

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INGREDIENTS

1 (15-16 ounce) box sugar-free cake mix (any flavor, vanilla or yellow recommended)

8 ounces sugar-free whipped topping (like Cool Whip), thawed

1/2 cup sugar-free powdered sugar (for rolling)

Swaps and Notes:

Sugar-Free Cake Mix: Any flavor of sugar-free cake mix can work! Vanilla, yellow, chocolate, or even strawberry could be interesting. Just be mindful that different flavors might yield slightly different textures or sweetness levels.

Sugar-Free Whipped Topping (Cool Whip): Ensure it's thawed before mixing. This provides the moisture and light texture for the cookies. Do not substitute with liquid whipped cream.

Sugar-Free Powdered Sugar: This is crucial for rolling and creating that classic "crinkle" cookie look. Regular powdered sugar can be used if not strictly adhering to sugar-free. You can make your own by blending erythritol or xylitol (sugar substitutes) in a blender until powdered.

Optional Add-ins: A few sugar-free chocolate chips, a sprinkle of zest (lemon or orange), or a pinch of cinnamon could be added to the dough for extra flavor.

DIRECTIONS

1. Let's get these delightful : Sugar-Free Cool Whip Cookies baked!
2. **Preheat : Oven & Prep Baking Sheets:** Preheat your oven to 350°F (175°C). Line two baking sheets with parchment paper or silicone mats. This is essential for preventing sticking and for easy cleanup.
3. **Whisk : Cake Mix:** In a large mixing bowl, open the box of sugar-free cake mix. Give it a good whisk to break up any pesky lumps and ensure it's light and airy.
4. **Combine : Dough:** Add the thawed 8 ounces of sugar-free whipped topping to the bowl with the cake mix. Mix gently with a spatula or wooden spoon until everything comes together and forms a cohesive cookie dough. Be careful not to overmix; just mix until no dry streaks of cake mix remain. Overmixing can make the cookies tough.
5. **Prepare : Rolling Dish:** Pour the 1/2 cup of sugar-free powdered sugar into a shallow dish or a wide bowl. This will be used for rolling the cookie dough balls.
6. **Scoop & : Roll Cookies:** Using a cookie scoop (about 1.5-2 tablespoons per scoop), take a portion of the dough. Gently roll it into a smooth ball in your hands. Then, roll that little ball generously in the powdered sugar until it's nicely coated on all sides.
7. **Place on : Baking Sheets:** Place the coated cookie dough balls on your prepared baking sheets, making sure to leave about 2 inches of space between each one to allow for spreading during baking.
8. **Bake:** Slide the baking sheets into the preheated oven. Bake for 10-12 minutes. The baking time will affect the final texture: If you prefer a chewier cookie, aim

for the 10-minute mark.

9. If you want a bit of crunch around the edges, go for 12 minutes. The cookies will puff up and develop slight cracks on the surface.
10. Cool: Once baked, remove the cookies from the oven. Let them cool on the baking sheet for about 10 minutes. This allows them to firm up slightly. Then, carefully transfer them to a wire rack to cool completely. The powdered sugar coating will set as they cool.

SWAPS & NOTES

Sugar-Free Cake Mix: Any flavor of sugar-free cake mix can work!

Vanilla, yellow, chocolate, or even strawberry could be interesting.

Just be mindful that different flavors might yield slightly different textures or sweetness levels.

Sugar-Free Whipped Topping (Cool Whip): Ensure it's thawed before mixing.

TIPS FOR SUCCESS

Don't Overmix: This is crucial for tender cookies!

Mix just until the ingredients are combined.

Thawed Whipped Topping: Ensure the whipped topping is completely thawed for easy mixing and a smooth dough.

Generous Powdered Sugar Coating: Rolling the cookies well in powdered sugar gives them that beautiful "crinkle" effect and adds to the flavor.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/sugar-free-cool- Whip-cookies-soft-delicious-easy-guilt-free-treat/>