50+ Healthy Alfajores

Sugar-Free & Gluten-Free

Irresistible flavors for soft, delicious dulce de leche sandwich cookies, perfect for selling

PREMIUM RECIPE BOOK GOURMET EDITION

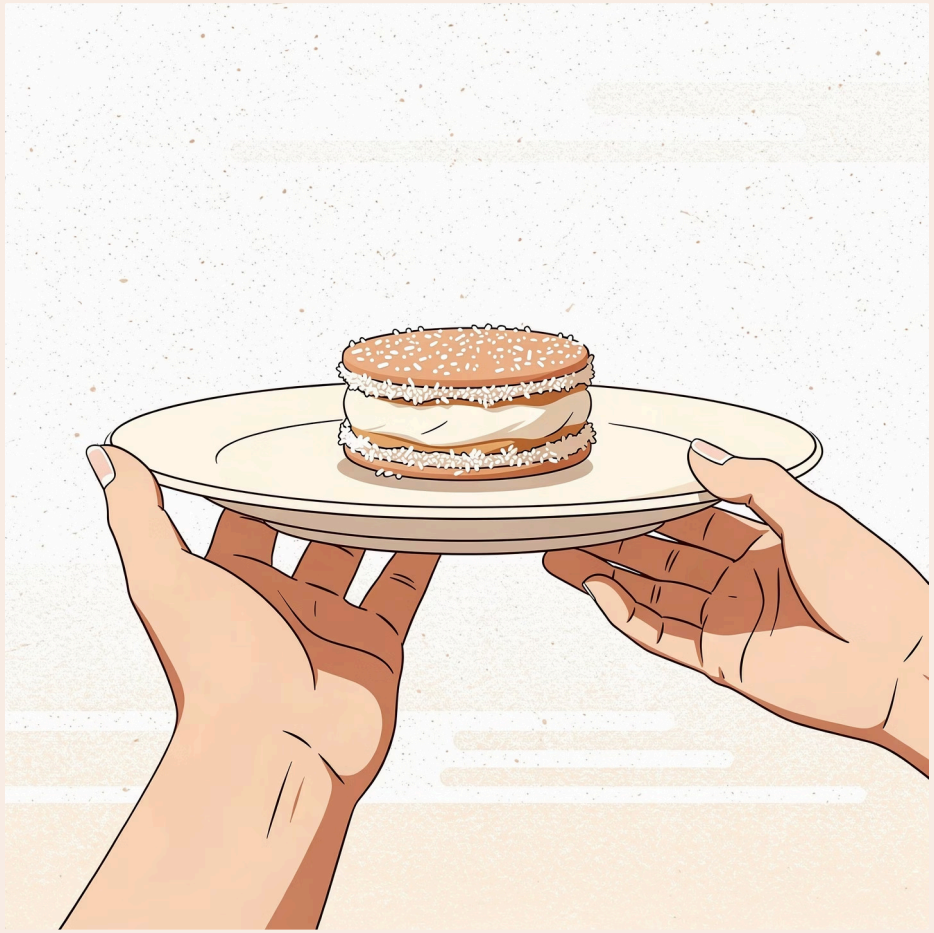


Welcome to the recipe book

This book was created with one clear goal: to help you **make healthy alfajores that are soft, tender, generously filled and beautiful** at first sight.

Alfajores are South America's beloved sandwich cookies: two tender, crumbly cookies with a creamy filling, usually dulce de leche. Here you'll find 50+ recipes organized by flavor profile, made both for enjoying at home and for turning your passion for baking into a business with its own identity.

Every recipe is designed for delicate cookies, firm fillings and a look that says quality. No complicated formulas: everything is written clearly, practically and easy to follow.



This guide is your starting point to create, sell and stand out with healthy alfajores that impress inside and out.

Why are healthy alfajores trending?

Sugar-free, gluten-free alfajores meet a real and growing demand: people who want delicious treats without giving up a balanced lifestyle. In recent years, this kind of product has earned a solid place both for personal enjoyment and for food businesses.

A growing market

More and more people want sugar-free and gluten-free options, which widens your potential audience.

A product with identity

A well-presented healthy alfajor says care, quality and something different from the usual.

Versatile and sellable

Works for single sales, boxes, custom orders and flavor combos.



Who is this book for?



People who watch what they eat

For anyone looking for sugar-free, gluten-free options that don't sacrifice flavor or texture. Alfajores that feel indulgent, even though they're balanced.



Modern baking lovers

For people who enjoy baking, experimenting with flavors and creating products that impress in both texture and presentation.



Food entrepreneurs

For anyone who wants to turn their skills into a real business, with high-perceived-value products and recipes built to sell.



Sweet gift makers

For anyone who wants to make delicate gifts with elegant presentation and a personal touch that makes them unique.

What makes this book special?

50+ unique recipes

A complete collection with varied flavor profiles: classic, citrus, chocolatey, nutty and premium versions to sell.

Made to yield and sell

Every recipe is formulated for soft cookies, firm fillings and a look that says quality at first glance.

High perceived value

The design, language and organization are all meant to make the final product look and feel premium.



Benefits of sugar-free, gluten-free alfajores

This product combines the best of both worlds: the pleasure of a well-made treat and the peace of mind of knowing it's made with gentler ingredients.

No added sugar

Made with natural sweeteners like erythritol or xylitol, which add sweetness without significantly raising blood sugar.

Gluten-free

Ideal for people with celiac disease or gluten sensitivity, opening a high-demand niche with little quality supply.

Quality ingredients

Almond and rice flours, nuts, pure cocoa and other ingredients that add flavor, texture and real nutritional value.

Real business potential

Demand for sugar-free, gluten-free sweets grows every year, positioning this kind of alfajor as a standout product that sells very well.

Most-used ingredients in this book

Knowing your ingredients is the first step to alfajores with the texture, flavor and presentation you want.



Key ingredient guide

Almond flour

Adds softness, moisture and a delicate flavor. It's the main base for tender cookies.

Rice flour

Supports the structure of gluten-free dough. Adds body without making the cookies heavy.

Cornstarch

Adds lightness and softness. Essential so the cookies don't turn out dense.

Erythritol and xylitol

Natural sweeteners that replace sugar. Powdered erythritol blends better into delicate doughs.

Unsweetened cocoa powder

Adds intense flavor, color and aroma. Always use good-quality cocoa for a more premium result.

Fine shredded coconut

Adds texture, aroma and an attractive look. Also used to decorate the edges of the alfajores.

More ingredients you'll find in the recipes

Room-temperature butter

Essential for a creamy, well-blended dough.
It should always be soft, not melted.

Eggs

Act as a binder and give the cookies structure.
Always use them at room temperature.

Vanilla extract

Brings out every flavor. Always use pure vanilla extract for a more natural, aromatic result.

Ground nuts

Ground hazelnuts, walnuts and pistachios add a more gourmet profile and a higher-quality mouthfeel.

Sugar-free dulce de leche

The most classic, versatile filling (a thick caramel-like milk spread). It should be firm so the alfajor holds its shape.

Sugar-free creams

Sugar-free cocoa, hazelnut, lemon or white chocolate creams for varied fillings and distinct flavors.

How to choose good ingredients

Ingredient quality directly affects the flavor, texture and presentation of your alfajores. These tips will help you level up every recipe.

1

Fine almond flour

Always choose blanched, finely ground almond flour. Coarser versions can make cookies with an uneven texture.

2

Powdered erythritol

Granulated erythritol can leave a gritty texture.
Grind it well or buy the powdered (confectioners') version so it blends perfectly into the dough.

3

Quality cocoa

Good-quality pure cocoa makes a huge difference in the flavor and color of the cookies. Avoid substitutes or cocoa mixes with sugar.

4

Fillings with body

Fillings should be firm when you assemble the alfajores. If they're too soft, chill them before using so they hold their shape.

Recommended tools

The right tools make the process easier, the results more consistent and the final presentation more sellable.



Rolling pin

To roll the dough evenly. Use one with thickness guides for uniform cookies.



Round cutters

For cookies all the same size. Choose the diameter that best fits the format you want to sell.



Baking sheets with parchment

Parchment keeps the cookies from sticking and makes them easy to lift off after baking without breaking.



Piping bag

Lets you fill precisely and evenly, improving the look and the yield per alfajor.



Cooling rack

Essential so the cookies cool evenly without getting damp underneath, preserving their texture.



Kitchen scale

Precise amounts are key so the recipes work the same every time, especially when baking in quantity.

Tips for soft, sellable alfajores

1 Well-rested dough

Chilling for 20 to 30 minutes is essential. Rested dough is easier to roll, cuts better and the cookies keep their shape in the oven.

2 Even thickness

Always roll between two sheets of parchment and use thickness guides. The cookies should be about ¼ in (½ cm) thick for the ideal texture.

3 Bake them just right

Bake at 170 °C (340 °F) for 10 to 12 minutes. Don't wait for them to brown: they should be just firm to the touch. As they cool, they'll get the soft texture we want.

1 Cool completely

Never fill warm cookies. Wait until they're completely cool so the filling sticks well and doesn't soften the cookie.

2 Firm filling

Dulce de leche or other creams should be thick enough to stay in place. If it's too soft, chill it before piping.

3 Neat assembly

Always use cookies of the same size. A well-assembled alfajor with even filling and clean edges sells itself at first glance.

Common mistakes when making healthy alfajores

Dough too dry

Happens when you add too much flour or cut back the butter. The dough should be soft and slightly moist to the touch.

Crumbly cookies

Usually caused by overbaking or skipping the chilling time before rolling.

Wrong flour ratio

Each flour has a specific job. Changing the proportions can affect both the texture and the final structure of the cookie.

Overhandling

Overworking the dough warms the butter and can make the cookies tough. Handle the dough as little as possible.

Fillings too soft

A runny or loose filling oozes out, makes the cookies soggy and ruins the presentation. Make sure it has body before filling.

How to store alfajores



01

At room temperature

In an airtight container in a cool, dry place, alfajores keep well for 2 to 3 days. Avoid direct sun or heat.

02

In the fridge

Stored airtight in the fridge, they last 5 to 7 days with good texture. Take them out 10 minutes before serving so they're not cold when you eat them.

03

Freezing the cookies

Unfilled cookies freeze perfectly for up to 30 days.
Thaw them at room temperature and fill right before selling or serving.

04

For selling

If you're selling, pack them in airtight boxes or bags. Tissue or parchment paper between layers keeps the alfajores from sticking or getting damaged.

Filling and finishing ideas

The filling and final finish are the details that turn a good alfajor into an irresistible one. Here are the best options to vary, personalize and elevate every recipe.

Sugar-free dulce de leche

The classic. Firm, creamy and familiar. Works with almost every cookie flavor.

Sugar-free cocoa cream

Ideal for chocolatey versions. Mix in a little melted chocolate for more body.

Sugar-free lemon cream

Fresh and delicate. Perfect for citrus cookies. It must be very thick so it doesn't make the cookies soggy.

Sugar-free hazelnut cream

Adds a more gourmet, sophisticated profile. Pairs beautifully with chocolate or coffee cookies.

Shredded coconut edge

The most classic, eye-catching finish. Roll the edge of the filled alfajor in fine coconut for a traditional, appetizing look.

Sugar-free chocolate drizzle

A simple drizzle of melted chocolate from a piping bag or spoon gives a premium finish with very little effort.

Ground almond or pistachio edge

Sophisticated and very attractive. Instantly raises the product's perceived value.

Half-dipped in chocolate

Dip just half of the alfajor in sugar-free chocolate for an elegant, modern, eye-catching result.

Ideas for selling healthy alfajores

Sugar-free, gluten-free alfajores have a broad, loyal audience. With the right strategy, they can become the main product of a profitable, standout food business.



Social media presence

Share appetizing, authentic photos. A product photographed in good light with nice presentation drives sales organically.



Custom orders

Taking orders in advance lets you plan production, reduce waste and manage your time better.



Farmers' markets and fairs

Artisan and health-food markets are an ideal channel to introduce your product and get direct feedback.



Corporate gifts

Boxes of healthy alfajores with custom packaging are in high demand for company gifts, events and celebrations.

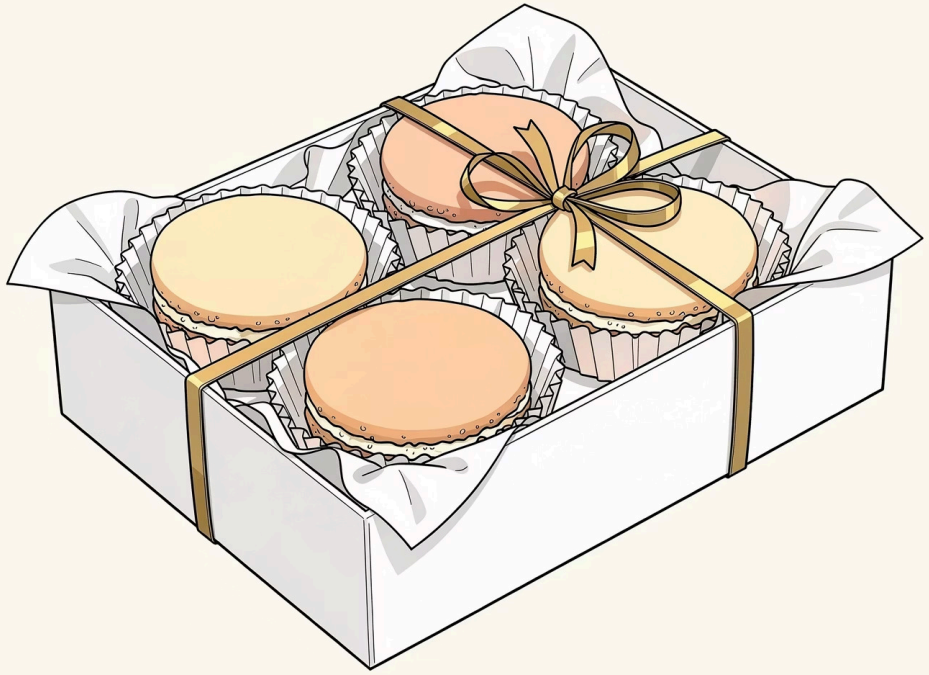
How to present alfajores for sale

Best-selling formats

- **Single:** wrapped in cellophane with a ribbon or in a sealed kraft bag. Ideal for single sales and tastings.

- **Box of 4:** a much-loved gift format. Combine 2 or 3 flavors for more appeal.
- **Box of 6 or 12:** for custom orders, birthdays, events and corporate gifts.
- **Assorted bundles:** mix classic flavors with premium versions for a varied experience.

> Thoughtful packaging can triple the perceived value of the product without changing the recipe.



Recipe Index

50+ recipes organized into 6 categories to make browsing and planning your baking easier.

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Soft Vanilla
Slfajoors de Alfǰomre



CHAPTER I

Classic & Soft Alfajores

Every good healthy alfajor book starts here: tender cookies, creamy fillings and comforting flavors. These are the most versatile recipes, the best received and the backbone of any product line. Perfect to start with and never stop making.

RECIPE 1

Classic Vanilla Healthy Alfajores

Ingredients — For the cookies

- 2 eggs
- 80 g (⅔ cup) powdered erythritol
- 80 g (5½ tbsp) butter, at room temperature
- 120 g (1¼ cups) almond flour
- 80 g (½ cup) rice flour
- 40 g (⅓ cup) gluten-free cornstarch
- 1 tsp gluten-free baking powder
- 1 tsp vanilla extract
- Finely grated zest of 1 lemon
- 1 pinch of salt

For the filling

- 200 g (⅔ cup) sugar-free dulce de leche

Directions

Beat the butter with the erythritol until creamy. Add the eggs, vanilla and lemon zest.
Mix well until combined. Add the almond flour, rice flour, cornstarch, baking powder and salt. Mix with a spatula and then with your hands until you get a soft dough.
Don't overknead so the cookies don't get tough.

Wrap the dough and chill for 20 to 30 minutes. Roll it between two sheets of parchment to about ¼ in (½ cm) thick. Cut circles in the size you want and bake at 170 °C (340 °F) for 10 to 12 minutes.
Let cool completely and fill with sugar-free dulce de leche.

This recipe is ideal as a base for selling in different versions. The dulce de leche should be firm so the alfajor holds its shape.

RECIPE 2

Chocolate Healthy Alfajores

For the cookies

- 2 eggs · 80 g (⅓ cup + 1 tbsp) erythritol · 80 g (5½ tbsp) butter
- 100 g (1 cup) almond flour · 70 g (scant ½ cup) rice flour
- 30 g (¼ cup) cornstarch · 25 g (¼ cup + 1 tbsp) unsweetened cocoa
- 1 tsp baking powder · 1 tsp vanilla · 1 pinch of salt

Filling

- 200 g (⅔ cup) sugar-free cocoa cream or sugar-free dulce de leche

Beat the butter with the erythritol. Add the eggs and vanilla. Add the flours, cornstarch, cocoa and baking powder.
Chill 20 min. Roll, cut and bake at 170 °C (340 °F) for 10–12 minutes. Fill once cool.

Use good-quality cocoa and finish the edges with shredded coconut for more perceived value.

RECIPE 3

Coconut Dulce de Leche Healthy Alfajores

For the cookies

- 2 eggs · 75 g (⅓ cup + 1 tbsp) erythritol · 80 g (5½ tbsp) butter
- 100 g (1 cup) almond flour · 60 g (⅓ cup + 1 tbsp) rice flour
- 40 g (½ cup) fine shredded coconut · 30 g (¼ cup) cornstarch
- 1 tsp vanilla · 1 tsp baking powder

Filling and decoration

- 200 g (⅔ cup) sugar-free dulce de leche
- Fine unsweetened shredded coconut for the edges

Beat the butter and erythritol. Add the eggs and vanilla. Add the flours, coconut and cornstarch. Chill 20–30 min. Bake at 170 °C (340 °F) for 10–12 min. Fill and roll the edges in shredded coconut.

This version recalls the classic alfajor, made healthy. Very pretty to sell in boxes.

RECIPE 4

Lemon Healthy Alfajores

For the cookies

- 2 eggs · 80 g (⅓ cup + 1 tbsp) erythritol · 80 g (5½ tbsp) butter
- 110 g (1 cup + 2 tbsp) almond flour · 70 g (scant ½ cup) rice flour
- 30 g (¼ cup) cornstarch · zest of 2 lemons
- 1 tsp vanilla · 1 tsp baking powder

Filling

- 180 g (½ cup + 2 tbsp) sugar-free lemon cream or sugar-free dulce de leche

Beat the butter and erythritol. Add the eggs, vanilla and zest. Mix in the flours and cornstarch. Chill 20 min. Bake at 170 °C (340 °F) for 10–12 minutes. Fill once cool.

Very popular in delicate product lines. Decorate with a touch of coconut or sugar-free white chocolate.

RECIPE 5

Orange Chocolate Healthy Alfajores

For the cookies

- 2 eggs · 80 g (⅓ cup + 1 tbsp) erythritol · 80 g (5½ tbsp) butter
- 110 g (1 cup + 2 tbsp) almond flour · 70 g (scant ½ cup) rice flour
- 30 g (¼ cup) cornstarch · zest of 1 orange
- 1 tsp vanilla · 1 tsp baking powder

Filling

- 180 g (½ cup + 2 tbsp) sugar-free cocoa cream or dulce de leche

Beat the butter with the erythritol. Add the eggs, vanilla and zest. Add the flours and cornstarch. Chill 20–30 min. Bake at 170 °C (340 °F) for 10–12 min. Fill once completely cool.

Orange pairs beautifully with chocolate. A more gourmet, distinctive profile to sell.

RECIPE 6

Almond Healthy Alfajores

For the cookies

- 2 eggs · 75 g (⅓ cup + 1 tbsp) erythritol · 85 g (6 tbsp) butter
- 130 g (1⅓ cups) almond flour · 60 g (⅓ cup + 1 tbsp) rice flour
- 25 g (3 tbsp) cornstarch · 1 tsp vanilla
- 1 tsp baking powder · 1 pinch of salt

Filling

- 200 g (⅔ cup) sugar-free dulce de leche

Beat the butter with the erythritol. Add the eggs and vanilla. Mix in the flours, cornstarch, baking powder and salt. Form a soft dough. Chill if it's soft. Bake at 170 °C (340 °F) for 10–12 min.

Almond flour makes more tender cookies. Excellent to sell as a premium alfajor.

RECIPE 7

Cinnamon Vanilla Healthy Alfajores

For the cookies

- 2 eggs · 80 g (⅓ cup + 1 tbsp) erythritol · 80 g (5½ tbsp) butter
- 110 g (1 cup + 2 tbsp) almond flour · 70 g (scant ½ cup) rice flour
- 30 g (¼ cup) cornstarch · 1 tsp cinnamon · 1 tsp vanilla
- 1 tsp baking powder

Filling

- 180 g (½ cup + 2 tbsp) sugar-free dulce de leche

Beat the butter and erythritol until creamy. Add the eggs and vanilla. Add the flours, cinnamon and cornstarch. Chill 20 min. Bake at 170 °C (340 °F) for 10–12 min. Fill once cool.

The cinnamon should support, not dominate. Great for holidays or assorted boxes.

CHAPTER II

Chocolate & Cocoa Alfajores

Chocolate is the universal language of pleasure. In this section you'll find the most intense, the softest and the most sophisticated healthy versions: pure-cocoa cookies, creamy fillings, coffee and hazelnut combinations and finishes that make every alfajor look like it came from a boutique bakery. These recipes have the highest sales potential and are the most enjoyed in every bite.



RECIPE 8

Cocoa Coconut Healthy Alfajores

For the cookies

- 2 eggs · 80 g (⅓ cup + 1 tbsp) erythritol · 80 g (5½ tbsp) butter
- 100 g (1 cup) almond flour · 60 g (⅓ cup + 1 tbsp) rice flour
- 30 g (¼ cup) cornstarch · 20 g (¼ cup) pure cocoa · 25 g (⅓ cup) fine shredded coconut
- 1 tsp vanilla · 1 tsp baking powder

Filling

- 180 g (½ cup + 2 tbsp) sugar-free cocoa cream

Beat the butter and erythritol. Add the eggs and vanilla. Mix in the flours, cocoa and coconut. Chill 20 min. Bake at 170 °C (340 °F) for 10-12 min. Fill once completely cool.

Coconut adds texture and improves the aroma. This recipe has great sales potential because it looks more gourmet.

RECIPE 9

White Chocolate Lemon Healthy Alfajores

For the cookies

- 2 eggs · 75 g (⅓ cup + 1 tbsp) erythritol · 80 g (5½ tbsp) butter
- 110 g (1 cup + 2 tbsp) almond flour · 70 g (scant ½ cup) rice flour
- 30 g (¼ cup) cornstarch · zest of 1 lemon · 1 tsp vanilla
- 1 tsp baking powder

Filling

- 180 g (6⅓ oz) melted sugar-free white chocolate mixed with a firm sugar-free cream

Beat the butter and erythritol. Add the eggs, vanilla and zest. Add the flours and cornstarch. Chill 20-30 min. Bake at 170 °C (340 °F) for 10-12 min. Fill once cool with the firm cream.

A delicate, premium profile. Great for special boxes or custom orders.

RECIPE 10

Premium Healthy Alfajores to Sell

For the cookies

- 2 eggs · 80 g (⅔ cup) powdered erythritol · 85 g (6 tbsp) butter
- 120 g (1¼ cups) almond flour · 70 g (scant ½ cup) rice flour
- 30 g (¼ cup) cornstarch · 1 tsp vanilla
- Finely grated zest of 1 lemon · 1 tsp baking powder · 1 pinch of salt

Filling

- 220 g (¾ cup) firm sugar-free dulce de leche

Optional finish

- Unsweetened shredded coconut
- Melted sugar-free chocolate
- Finely chopped almonds

Directions

Beat the butter with the erythritol until smooth and creamy. Add the eggs, vanilla, lemon zest and salt. Mix in the flours, cornstarch and baking powder.
Chill 20–30 minutes. Roll between sheets of parchment, cut even circles and bake at 170 °C (340 °F) for 10–12 minutes. The cookies should be soft and just firm.

Let cool completely. Fill with firm sugar-free dulce de leche. For a more sellable look, roll the edges in shredded coconut or decorate with a drizzle of sugar-free chocolate.

Keep all the cookies the same size for a professional look. This recipe is designed for great looks, good yield and strong sales.

RECIPE 11

Coffee Cocoa Healthy Alfajores

For the cookies

- 2 eggs · 80 g (⅓ cup + 1 tbsp) erythritol · 80 g (5½ tbsp) butter
- 110 g (1 cup + 2 tbsp) almond flour · 65 g (⅓ cup + 1 tbsp) rice flour
- 30 g (¼ cup) cornstarch · 15 g (3 tbsp) cocoa · 1 tsp instant coffee
- 1 tsp vanilla · 1 tsp baking powder · 1 pinch of salt

Filling

- 180 g (½ cup + 2 tbsp) sugar-free dulce de leche or cocoa cream

Dissolve the coffee in a few drops of hot water. Beat the butter and erythritol. Add the eggs, vanilla and coffee. Add the flours and cocoa. Chill 20-30 min. Bake at 170 °C (340 °F) for 10-12 min. Fill once cool.

The coffee should add aroma, not take over. Great for selling thanks to its more grown-up, sophisticated profile.

RECIPE 12

Hazelnut Chocolate Healthy Alfajores

For the cookies

- 2 eggs · 80 g (⅓ cup + 1 tbsp) erythritol · 80 g (5½ tbsp) butter
- 110 g (1 cup + 2 tbsp) almond flour · 65 g (⅓ cup + 1 tbsp) rice flour
- 30 g (¼ cup) cornstarch · 20 g (3 tbsp) finely ground hazelnuts
- 1 tsp vanilla · 1 tsp baking powder

Filling

- 180 g (½ cup + 2 tbsp) sugar-free hazelnut cream

Beat the butter and erythritol. Add the eggs and vanilla. Mix in the flours, ground hazelnut and cornstarch. Chill 20-30 min. Bake at 170 °C (340 °F) for 10-12 min. Fill once cool.

Ground hazelnuts add a gourmet aroma and texture. Excellent sales potential.

RECIPE 13

Raspberry Vanilla Healthy Alfajores

For the cookies

- 2 eggs · 75 g (⅓ cup + 1 tbsp) erythritol · 80 g (5½ tbsp) butter
- 115 g (1 cup + 3 tbsp) almond flour · 70 g (scant ½ cup) rice flour
- 30 g (¼ cup) cornstarch · 1 tsp vanilla · 1 tsp baking powder

Filling

- 180 g (½ cup) thick sugar-free raspberry jam
- 80 g (⅓ cup) cream cheese, no added sugar (optional, for firmness)

Beat the butter and erythritol. Add the eggs and vanilla. Add the flours and cornstarch. Chill 20 min. Bake at 170 °C (340 °F) for 10–12 min. Fill once cool with thick jam.

This version is very delicate and pretty. The jam must be thick so it doesn't make the cookies soggy.

RECIPE 14

Almond Coconut Healthy Alfajores

For the cookies

- 2 eggs · 75 g (⅓ cup + 1 tbsp) erythritol · 85 g (6 tbsp) butter
- 120 g (1¼ cups) almond flour · 60 g (⅓ cup + 1 tbsp) rice flour
- 25 g (3 tbsp) cornstarch · 30 g (⅓ cup) fine shredded coconut · 1 tsp vanilla
- 1 tsp baking powder

Filling and decoration

- 190 g (⅔ cup) sugar-free dulce de leche
- Fine shredded coconut for the edges

Beat the butter and erythritol. Add the eggs and vanilla. Add the flours, coconut and cornstarch. Chill 20–30 min. Bake at 170 °C (340 °F) for 10–12 min. Fill and decorate the edges with coconut.

Excellent for assorted boxes. A classic look with a premium texture.

RECIPE 15

Intense Cocoa Healthy Alfajores

For the cookies

- 2 eggs · 80 g (⅓ cup + 1 tbsp) erythritol · 80 g (5½ tbsp) butter
- 100 g (1 cup) almond flour · 65 g (⅓ cup + 1 tbsp) rice flour
- 30 g (¼ cup) cornstarch · 25 g (¼ cup + 1 tbsp) unsweetened cocoa
- 1 tsp vanilla · 1 tsp baking powder · 1 pinch of salt

Filling

- 180 g (½ cup + 2 tbsp) sugar-free cocoa cream
- 50 g (1¾ oz) melted sugar-free chocolate (optional, for more intensity)

Directions

Beat the butter with the erythritol until smooth. Add the eggs, vanilla and salt. Add the almond flour, rice flour, cornstarch, cocoa and baking powder. Form a smooth dough. If it's very soft, chill it a little longer before rolling.

Roll between sheets of parchment, cut the cookies and bake at 170 °C (340 °F) for 10–12 minutes. Don't overbake or they'll be dry. Fill with cocoa cream; for a more stable filling, mix it with melted sugar-free chocolate.

Ideal for more chocolatey, premium versions. Use good-quality cocoa to boost the flavor. Great to sell as a gourmet chocolate alfajor.



CHAPTER III

Citrus & Tropical Alfajores

Citrus and tropical flavors bring freshness, lightness and a distinct identity to any healthy alfajor line. Lemon, orange and coconut star in delicate cookies, fragrant fillings and combinations that surprise from the first bite. These are the most popular recipes for people looking for something different, and a great asset for mixed boxes or seasonal lines.

RECIPE 16

Walnut Dulce de Leche Healthy Alfajores

For the cookies

- 2 eggs · 80 g (⅓ cup + 1 tbsp) erythritol · 80 g (5½ tbsp) butter
- 110 g (1 cup + 2 tbsp) almond flour · 65 g (⅓ cup + 1 tbsp) rice flour
- 30 g (¼ cup) cornstarch · 30 g (¼ cup) finely ground walnuts
- 1 tsp vanilla · 1 tsp baking powder

Filling

- 190 g (⅔ cup) sugar-free dulce de leche

Beat the butter and erythritol. Add the eggs and vanilla. Mix in the flours, ground walnuts and cornstarch. Chill 20–30 min. Bake at 170 °C (340 °F) for 10–12 min. Fill once completely cool.

Ground walnuts give an artisan flavor and a sophisticated feel. Great perceived value for selling.

RECIPE 17

Vanilla Healthy Alfajores with a Coconut Edge

For the cookies

- 2 eggs · 80 g (⅔ cup) powdered erythritol · 80 g (5½ tbsp) butter
- 120 g (1¼ cups) almond flour · 70 g (scant ½ cup) rice flour
- 30 g (¼ cup) cornstarch · 1 tbsp vanilla · 1 tsp baking powder · 1 pinch of salt

Filling and finish

- 200 g (⅔ cup) sugar-free dulce de leche
- Fine shredded coconut for the edges

Beat the butter and erythritol. Add the eggs, vanilla and salt. Add the flours and cornstarch. Chill 20 min. Bake at 170 °C (340 °F) for 10–12 min. Fill and roll the edges in shredded coconut.

This presentation really improves the look for selling. Simple, but very commercial.

RECIPE 18

Chocolate Cinnamon Healthy Alfajores

For the cookies

- 2 eggs · 80 g (⅓ cup + 1 tbsp) erythritol · 80 g (5½ tbsp) butter
- 100 g (1 cup) almond flour · 65 g (⅓ cup + 1 tbsp) rice flour
- 30 g (¼ cup) cornstarch · 20 g (¼ cup) pure cocoa
- 1 tsp cinnamon · 1 tsp vanilla · 1 tsp baking powder

Filling

- 180 g (½ cup + 2 tbsp) sugar-free dulce de leche or cocoa cream

Beat the butter and erythritol. Add the eggs and vanilla. Mix in the flours, cocoa and cinnamon. Chill 20–30 min. Bake at 170 °C (340 °F) for 10–12 min. Fill once cool.

The cinnamon should be subtle. Great for winter lines or warm gourmet flavors.

RECIPE 19

Pistachio Vanilla Healthy Alfajores

For the cookies

- 2 eggs · 75 g (⅓ cup + 1 tbsp) erythritol · 80 g (5½ tbsp) butter
- 110 g (1 cup + 2 tbsp) almond flour · 65 g (⅓ cup + 1 tbsp) rice flour
- 30 g (¼ cup) cornstarch · 25 g (3 tbsp) finely ground pistachios
- 1 tsp vanilla · 1 tsp baking powder

Filling

- 180 g (½ cup + 2 tbsp) firm sugar-free cream or dulce de leche

Beat the butter and erythritol. Add the eggs and vanilla. Mix in the flours, ground pistachio and cornstarch. Chill 20–30 min. Bake at 170 °C (340 °F) for 10–12 min. Fill once cool.

Pistachio adds sophistication. Ideal to sell as a special flavor or premium edition.

RECIPE 20

Gourmet Chocolate Hazelnut Healthy Alfajores to Sell

For the cookies

- 2 eggs · 80 g (⅔ cup) powdered erythritol · 80 g (5½ tbsp) butter
- 105 g (1 cup + 1 tbsp) almond flour · 65 g (⅓ cup + 1 tbsp) rice flour
- 30 g (¼ cup) cornstarch · 20 g (¼ cup) pure cocoa · 20 g (3 tbsp) ground hazelnuts
- 1 tsp vanilla · 1 tsp baking powder · 1 pinch of salt

Filling

- 200 g (⅔ cup) sugar-free hazelnut cream

Optional decoration

- Melted sugar-free chocolate · Finely chopped hazelnuts

Directions

Beat the butter with the erythritol until smooth and creamy. Add the eggs, vanilla and salt. Mix well.
Mix in the almond flour, rice flour, cornstarch, cocoa, ground hazelnut and baking powder. Form a soft, even dough.

Chill 20–30 minutes. Roll between sheets of parchment and cut the cookies. Bake at 170 °C (340 °F) for 10–12 minutes. Cool completely. Fill with hazelnut cream and, for a more sellable finish, decorate with a drizzle of sugar-free chocolate or finely chopped hazelnuts.

This recipe is designed to look great and have strong commercial appeal. An excellent option to sell as a premium gourmet healthy alfajor.

RECIPE 21

Orange Coconut Healthy Alfajores

For the cookies

- 2 eggs · 75 g (⅓ cup + 1 tbsp) erythritol · 80 g (5½ tbsp) butter
- 110 g (1 cup + 2 tbsp) almond flour · 65 g (⅓ cup + 1 tbsp) rice flour
- 30 g (¼ cup) cornstarch · 25 g (⅓ cup) shredded coconut · zest of 1 orange
- 1 tsp vanilla · 1 tsp baking powder

Filling

- 180 g (½ cup + 2 tbsp) sugar-free dulce de leche

Beat the butter and erythritol. Add the eggs, vanilla and zest. Mix in the flours, coconut and cornstarch. Chill 20–30 min. Bake at 170 °C (340 °F) for 10–12 min. Fill once completely cool.

Orange and coconut make a very appealing tropical profile. Sells very well in assorted boxes.

RECIPE 22

White Chocolate Coconut Healthy Alfajores

For the cookies

- 2 eggs · 75 g (⅓ cup + 1 tbsp) erythritol · 80 g (5½ tbsp) butter
- 115 g (1 cup + 3 tbsp) almond flour · 65 g (⅓ cup + 1 tbsp) rice flour
- 30 g (¼ cup) cornstarch · 30 g (⅓ cup) fine shredded coconut
- 1 tsp vanilla · 1 tsp baking powder

Filling

- 180 g (½ cup + 2 tbsp) firm sugar-free white chocolate cream

Beat the butter and erythritol. Add the eggs and vanilla. Add the flours, coconut and cornstarch. Chill 20 min. Bake at 170 °C (340 °F) for 10–12 min. Fill and decorate the edges with coconut.

The filling should be stable. Coconut on the edges adds a premium feel.

RECIPE 23

Cocoa Orange Healthy Alfajores

For the cookies

- 2 eggs · 80 g (⅓ cup + 1 tbsp) erythritol · 80 g (5½ tbsp) butter
- 100 g (1 cup) almond flour · 65 g (⅓ cup + 1 tbsp) rice flour
- 30 g (¼ cup) cornstarch · 20 g (¼ cup) pure cocoa · zest of 1 orange
- 1 tsp vanilla · 1 tsp baking powder · 1 pinch of salt

Filling

- 180 g (½ cup + 2 tbsp) sugar-free cocoa cream

Beat the butter and erythritol. Add the eggs, vanilla, salt and zest. Add the flours, cocoa and cornstarch. Chill 20–30 min. Bake at 170 °C (340 °F) for 10–12 min. Fill once cool.

Chocolate and orange, gourmet style. A great recipe to sell as a special flavor.

RECIPE 24

Lemon Coconut Healthy Alfajores

For the cookies

- 2 eggs · 75 g (⅓ cup + 1 tbsp) erythritol · 80 g (5½ tbsp) butter
- 110 g (1 cup + 2 tbsp) almond flour · 65 g (⅓ cup + 1 tbsp) rice flour
- 30 g (¼ cup) cornstarch · 25 g (⅓ cup) shredded coconut · zest of 1 lemon
- 1 tsp vanilla · 1 tsp baking powder

Filling

- 180 g (½ cup + 2 tbsp) thick sugar-free lemon cream

Beat the butter and erythritol. Add the eggs, vanilla and zest. Add the flours, coconut and cornstarch. Chill 20–30 min. Bake at 170 °C (340 °F) for 10–12 min. Fill with thick lemon cream.

A fresh, eye-catching recipe. Works very well for delicate boxes or gifts.



CHAPTER IV

Nut Alfajores

Nuts raise the profile of any healthy alfajor. Almonds, walnuts, hazelnuts and pistachios add complex flavor, interesting texture and a sense of quality you notice from the first bite. This chapter brings together the recipes with the most potential to stand out: alfajores that feel artisan, gourmet and worthy of any premium display case.

RECIPE 25

Almond Chocolate Healthy Alfajores

For the cookies

- 2 eggs · 80 g (⅓ cup + 1 tbsp) erythritol · 85 g (6 tbsp) butter
- 125 g (1¼ cups) almond flour · 60 g (⅓ cup + 1 tbsp) rice flour
- 25 g (3 tbsp) cornstarch · 1 tsp vanilla
- 1 tsp baking powder · 1 pinch of salt

Filling

- 180 g (½ cup + 2 tbsp) sugar-free cocoa cream

Beat the butter and erythritol. Add the eggs, vanilla and salt. Add the flours and cornstarch. Chill 20 min. Bake at 170 °C (340 °F) for 10–12 min. Fill once completely cool.

Great texture and a premium feel. Almond flour helps make more tender cookies.

RECIPE 26

Cinnamon Dulce de Leche Healthy Alfajores

For the cookies

- 2 eggs · 80 g (⅓ cup + 1 tbsp) erythritol · 80 g (5½ tbsp) butter
- 110 g (1 cup + 2 tbsp) almond flour · 70 g (scant ½ cup) rice flour
- 30 g (¼ cup) cornstarch · 1 tsp cinnamon · 1 tsp vanilla
- 1 tsp baking powder

Filling

- 190 g (⅔ cup) sugar-free dulce de leche

Beat the butter and erythritol. Add the eggs and vanilla. Add the flours, cinnamon and cornstarch. Chill 20–30 min. Bake at 170 °C (340 °F) for 10–12 min. Fill once completely cool.

A warm, pleasant flavor. Excellent for themed boxes or seasonal specials.

RECIPE 27

Chocolate Coconut Healthy Alfajores with a Decorated Edge

For the cookies

- 2 eggs · 80 g (⅓ cup + 1 tbsp) erythritol · 80 g (5½ tbsp) butter
- 100 g (1 cup) almond flour · 65 g (⅓ cup + 1 tbsp) rice flour
- 30 g (¼ cup) cornstarch · 20 g (¼ cup) cocoa · 20 g (¼ cup) fine shredded coconut
- 1 tsp vanilla · 1 tsp baking powder

Filling and decoration

- 180 g (½ cup + 2 tbsp) sugar-free dulce de leche
- Shredded coconut or finely ground almonds for the edges

Beat the butter and erythritol. Add the eggs and vanilla. Add the flours, cocoa and coconut. Chill 20 min. Bake at 170 °C (340 °F) for 10–12 min. Fill and decorate the edges.

A decorated edge really improves the presentation. Keep the filling firm for better structure.

RECIPE 28

Vanilla Pistachio Healthy Alfajores

For the cookies

- 2 eggs · 75 g (⅓ cup + 1 tbsp) erythritol · 80 g (5½ tbsp) butter
- 115 g (1 cup + 3 tbsp) almond flour · 65 g (⅓ cup + 1 tbsp) rice flour
- 30 g (¼ cup) cornstarch · 20 g (3 tbsp) finely ground pistachios
- 1 tbsp vanilla · 1 tsp baking powder

Filling

- 180 g (½ cup + 2 tbsp) firm sugar-free cream or dulce de leche

Beat the butter and erythritol. Add the eggs and vanilla. Mix in the flours, pistachio and cornstarch. Chill 20–30 min. Bake at 170 °C (340 °F) for 10–12 min. Fill once cool.

Pistachio adds a refined flavor. Ideal for a premium line or special edition.

RECIPE 29

Hazelnut Vanilla Healthy Alfajores

For the cookies

- 2 eggs · 80 g (⅓ cup + 1 tbsp) erythritol · 80 g (5½ tbsp) butter
- 110 g (1 cup + 2 tbsp) almond flour · 65 g (⅓ cup + 1 tbsp) rice flour
- 30 g (¼ cup) cornstarch · 20 g (3 tbsp) finely ground hazelnuts
- 1 tbsp vanilla · 1 tsp baking powder · 1 pinch of salt

Filling

- 180 g (½ cup + 2 tbsp) sugar-free dulce de leche or hazelnut cream

Beat the butter and erythritol. Add the eggs, vanilla and salt. Add the flours and hazelnut. Chill 20–30 min. Bake at 170 °C (340 °F) for 10–12 min. Fill once cool, depending on the line you choose.

Great sales potential thanks to its gourmet profile. Looks beautiful in mixed-flavor boxes.

RECIPE 30

Premium Lemon Dulce de Leche Healthy Alfajores to Sell

For the cookies

- 2 eggs · 80 g (⅓ cup + 1 tbsp) erythritol · 80 g (5½ tbsp) butter
- 115 g (1 cup + 3 tbsp) almond flour · 70 g (scant ½ cup) rice flour
- 30 g (¼ cup) cornstarch · zest of 1 lemon · 1 tsp vanilla
- 1 tsp baking powder · 1 pinch of salt

Filling and decoration

- 200 g (⅔ cup) firm sugar-free dulce de leche
- Fine coconut, extra zest or melted chocolate (optional)

Beat the butter and erythritol. Add the eggs, vanilla, zest and salt. Add the flours and cornstarch. Chill 20–30 min. Bake at 170 °C (340 °F) for 10–12 min. Fill and decorate for selling.

Lemon adds freshness. A great option to sell individually, in boxes or to order.

RECIPE 31

Cocoa Walnut Healthy Alfajores

For the cookies

- 2 eggs · 80 g (⅓ cup + 1 tbsp) erythritol · 80 g (5½ tbsp) butter
- 100 g (1 cup) almond flour · 65 g (⅓ cup + 1 tbsp) rice flour
- 30 g (¼ cup) cornstarch · 20 g (¼ cup) pure cocoa · 25 g (3 tbsp) finely ground walnuts
- 1 tsp vanilla · 1 tsp baking powder · 1 pinch of salt

Filling

- 180 g (½ cup + 2 tbsp) sugar-free dulce de leche or cocoa cream

Beat the butter and erythritol. Add the eggs, vanilla and salt. Add the flours, cocoa and walnuts. Chill 20–30 min. Bake at 170 °C (340 °F) for 10–12 min. Fill once completely cool.

Ground walnuts add an artisan, sophisticated flavor. Great for assorted boxes.

RECIPE 32

Coconut White Chocolate Healthy Alfajores

For the cookies

- 2 eggs · 75 g (⅓ cup + 1 tbsp) erythritol · 80 g (5½ tbsp) butter
- 110 g (1 cup + 2 tbsp) almond flour · 65 g (⅓ cup + 1 tbsp) rice flour
- 30 g (¼ cup) cornstarch · 30 g (⅓ cup) fine shredded coconut
- 1 tsp vanilla · 1 tsp baking powder

Filling and decoration

- 180 g (½ cup + 2 tbsp) firm sugar-free white chocolate cream
- Fine shredded coconut for the edges

Beat the butter and erythritol. Add the eggs and vanilla. Add the flours, coconut and cornstarch. Chill 20–30 min. Bake at 170 °C (340 °F) for 10–12 min. Fill once cool and decorate the edges with coconut.

A delicate, premium option. A firm filling guarantees good structure for selling.



CHAPTER V

Specialty Flavor Alfajores

This chapter is reserved for the flavors that make a difference. Combinations like coffee and cocoa, hazelnut and coffee, pistachio and lemon or orange and white chocolate raise the value of any business. These are the alfajores that make customers come back, recommend you and always order the same thing. Use them to create your signature line, your star flavor, your calling card.

RECIPE 33

Chocolate Coffee Healthy Alfajores

For the cookies

- 2 eggs · 80 g (⅓ cup + 1 tbsp) erythritol · 80 g (5½ tbsp) butter
- 100 g (1 cup) almond flour · 65 g (⅓ cup + 1 tbsp) rice flour
- 30 g (¼ cup) cornstarch · 20 g (¼ cup) pure cocoa · 1 tsp instant coffee
- 1 tsp vanilla · 1 tsp baking powder · 1 pinch of salt

Filling

- 180 g (½ cup + 2 tbsp) sugar-free cocoa cream or dulce de leche

Dissolve the coffee in a few drops of hot water. Beat the butter and erythritol. Add the eggs, vanilla, salt and coffee. Add the flours and cocoa. Chill 20–30 min. Bake at 170 °C (340 °F) for 10–12 min.

The coffee should reinforce the chocolate. A grown-up profile that sells very well.

RECIPE 34

Lemon Almond Healthy Alfajores

For the cookies

- 2 eggs · 80 g (⅓ cup + 1 tbsp) erythritol · 85 g (6 tbsp) butter
- 125 g (1¼ cups) almond flour · 60 g (⅓ cup + 1 tbsp) rice flour
- 25 g (3 tbsp) cornstarch · zest of 1 lemon
- 1 tsp vanilla · 1 tsp baking powder · 1 pinch of salt

Filling

- 180 g (½ cup + 2 tbsp) sugar-free dulce de leche or thick lemon cream

Beat the butter and erythritol. Add the eggs, vanilla, zest and salt. Add the flours and cornstarch. Chill 20–30 min. Bake at 170 °C (340 °F) for 10–12 min. Fill once cool.

Almond flour makes more tender cookies. Great for a premium, delicate line.

RECIPE 35

Orange Dulce de Leche Healthy Alfajores

For the cookies

- 2 eggs · 80 g (⅓ cup + 1 tbsp) erythritol · 80 g (5½ tbsp) butter
- 110 g (1 cup + 2 tbsp) almond flour · 70 g (scant ½ cup) rice flour
- 30 g (¼ cup) cornstarch · zest of 1 orange
- 1 tsp vanilla · 1 tsp baking powder

Filling

- 190 g (⅔ cup) firm sugar-free dulce de leche

Beat the butter and erythritol. Add the eggs, vanilla and zest. Add the flours and cornstarch. Chill 20–30 min. Bake at 170 °C (340 °F) for 10–12 min. Fill once completely cool.

A classic profile with a special touch. Great to sell individually or in mixed boxes.

RECIPE 36

Pistachio Chocolate Healthy Alfajores Healthy Alfajores

For the cookies

- 2 eggs · 75 g (⅓ cup + 1 tbsp) erythritol · 80 g (5½ tbsp) butter
- 110 g (1 cup + 2 tbsp) almond flour · 65 g (⅓ cup + 1 tbsp) rice flour
- 30 g (¼ cup) cornstarch · 20 g (3 tbsp) finely ground pistachios
- 1 tbsp vanilla · 1 tsp baking powder

Filling

- 180 g (½ cup + 2 tbsp) firm sugar-free white chocolate cream

Beat the butter and erythritol. Add the eggs and vanilla. Mix in the flours and pistachio. Chill 20–30 min. Bake at 170 °C (340 °F) for 10–12 min. Fill with a firm cream.

A sophisticated, distinctive profile. Ideal for a gourmet line or special gifts.

RECIPE 37

Cocoa Hazelnut Healthy Alfajores

For the cookies

- 2 eggs · 80 g (⅓ cup + 1 tbsp) erythritol · 80 g (5½ tbsp) butter
- 100 g (1 cup) almond flour · 65 g (⅓ cup + 1 tbsp) rice flour
- 30 g (¼ cup) cornstarch · 20 g (¼ cup) pure cocoa · 20 g (3 tbsp) ground hazelnuts
- 1 tsp vanilla · 1 tsp baking powder · 1 pinch of salt

Filling

- 190 g (⅔ cup) sugar-free hazelnut cream

Beat the butter and erythritol. Add the eggs, vanilla and salt. Add the flours, cocoa and hazelnut. Chill 20-30 min. Bake at 170 °C (340 °F) for 10-12 min. Fill once completely cool.

A very gourmet profile with great sales potential. Use finely ground hazelnuts for a better texture.

RECIPE 38

Coconut Lemon Healthy Alfajores with a Decorated Edge

For the cookies

- 2 eggs · 75 g (⅓ cup + 1 tbsp) erythritol · 80 g (5½ tbsp) butter
- 110 g (1 cup + 2 tbsp) almond flour · 65 g (⅓ cup + 1 tbsp) rice flour
- 30 g (¼ cup) cornstarch · 25 g (⅓ cup) shredded coconut · zest of 1 lemon
- 1 tsp vanilla · 1 tsp baking powder

Filling and finish

- 180 g (½ cup + 2 tbsp) sugar-free dulce de leche
- Fine shredded coconut for the edges

Beat the butter and erythritol. Add the eggs, vanilla and zest. Add the flours and coconut. Chill 20-30 min. Bake at 170 °C (340 °F) for 10-12 min. Fill and roll the edges in coconut.

Lemon and coconut give a fresh result. Great for elegant boxes or gifts.

RECIPE 39

Almond Cinnamon Healthy Alfajores

For the cookies

- 2 eggs · 80 g (⅓ cup + 1 tbsp) erythritol · 85 g (6 tbsp) butter
- 125 g (1¼ cups) almond flour · 60 g (⅓ cup + 1 tbsp) rice flour
- 25 g (3 tbsp) cornstarch · 1 tsp cinnamon · 1 tsp vanilla
- 1 tsp baking powder · 1 pinch of salt

Filling

- 180 g (½ cup + 2 tbsp) sugar-free dulce de leche

Beat the butter and erythritol. Add the eggs, vanilla and salt. Add the flours, cinnamon and cornstarch. Chill 20–30 min. Bake at 170 °C (340 °F) for 10–12 min. Fill once completely cool.

Cinnamon adds a warm, very appealing touch. Simple, elegant and easy to sell.

RECIPE 40

Vanilla Walnut Healthy Alfajores

For the cookies

- 2 eggs · 80 g (⅓ cup + 1 tbsp) erythritol · 80 g (5½ tbsp) butter
- 115 g (1 cup + 3 tbsp) almond flour · 65 g (⅓ cup + 1 tbsp) rice flour
- 30 g (¼ cup) cornstarch · 25 g (3 tbsp) finely ground walnuts
- 1 tbsp vanilla · 1 tsp baking powder · 1 pinch of salt

Filling

- 190 g (⅔ cup) sugar-free dulce de leche

Beat the butter and erythritol. Add the eggs, vanilla and salt. Add the flours and walnuts. Chill 20–30 min. Bake at 170 °C (340 °F) for 10–12 min. Fill once completely cool.

Ground walnuts add a homemade, appealing flavor. A great option for assorted boxes.

RECIPE 41

Cocoa Dulce de Leche Healthy Alfajores with Coconut

For the cookies

- 2 eggs · 80 g (⅓ cup + 1 tbsp) erythritol · 80 g (5½ tbsp) butter
- 100 g (1 cup) almond flour · 65 g (⅓ cup + 1 tbsp) rice flour
- 30 g (¼ cup) cornstarch · 20 g (¼ cup) pure cocoa
- 1 tsp vanilla · 1 tsp baking powder · 1 pinch of salt

Filling and finish

- 190 g (⅔ cup) sugar-free dulce de leche
- Fine shredded coconut for the edges

Beat the butter and erythritol. Add the eggs, vanilla and salt. Add the flours and cocoa. Chill 20–30 min. Bake at 170 °C (340 °F) for 10–12 min. Fill and roll the edges in shredded coconut.

A healthy take on classic alfajores. Excellent to sell individually or by the dozen.

RECIPE 42

Lemon Vanilla Healthy Alfajores

For the cookies

- 2 eggs · 80 g (⅓ cup + 1 tbsp) erythritol · 80 g (5½ tbsp) butter
- 115 g (1 cup + 3 tbsp) almond flour · 70 g (scant ½ cup) rice flour
- 30 g (¼ cup) cornstarch · zest of 1 lemon
- 1 tbsp vanilla · 1 tsp baking powder · 1 pinch of salt

Filling

- 180 g (½ cup + 2 tbsp) sugar-free dulce de leche or thick lemon cream

Beat the butter and erythritol. Add the eggs, vanilla, zest and salt. Add the flours and cornstarch. Chill 20–30 min. Bake at 170 °C (340 °F) for 10–12 min. Fill once cool.

A delicate, elegant profile. Ideal for fine boxes or special flavors.

CHAPTER VI

Premium Gourmet Alfajores to Sell

This is the most ambitious chapter in the book. Here you'll find the recipes with the highest perceived value, the most visual impact and the ones designed to position you in the premium segment of the healthy market.
Sophisticated combinations, careful finishes and recipes built to yield well, look great and sell themselves. These are the alfajores that let your product speak for itself.



RECIPE 43

Decorated Chocolate Almond Healthy Alfajores

For the cookies

- 2 eggs · 80 g (⅓ cup + 1 tbsp) erythritol · 80 g (5½ tbsp) butter
- 105 g (1 cup + 1 tbsp) almond flour · 65 g (⅓ cup + 1 tbsp) rice flour
- 30 g (¼ cup) cornstarch · 20 g (¼ cup) pure cocoa · 20 g (3 tbsp) ground almonds
- 1 tsp vanilla · 1 tsp baking powder

Filling and decoration

- 190 g (⅔ cup) sugar-free cocoa cream or dulce de leche
- Melted chocolate and ground almonds (optional)

Beat the butter and erythritol. Add the eggs and vanilla. Add the flours, cocoa and almond. Chill 20–30 min. Bake at 170 °C (340 °F) for 10–12 min. Fill and decorate with a chocolate drizzle and almonds.

A simple decoration can greatly increase perceived value. Great to sell as a premium line.

RECIPE 44

Orange Chocolate Healthy Alfajores Healthy Alfajores

For the cookies

- 2 eggs · 75 g (⅓ cup + 1 tbsp) erythritol · 80 g (5½ tbsp) butter
- 110 g (1 cup + 2 tbsp) almond flour · 65 g (⅓ cup + 1 tbsp) rice flour
- 30 g (¼ cup) cornstarch · zest of 1 orange
- 1 tsp vanilla · 1 tsp baking powder

Filling

- 180 g (½ cup + 2 tbsp) firm sugar-free white chocolate cream

Beat the butter and erythritol. Add the eggs, vanilla and zest. Add the flours and cornstarch. Chill 20–30 min. Bake at 170 °C (340 °F) for 10–12 min. Fill once cool with a firm cream.

An elegant, different profile. Great for a premium flavor box.

RECIPE 45

Half-Dipped Coconut Dulce de Leche Healthy Alfajores

For the cookies

- 2 eggs · 75 g (⅓ cup + 1 tbsp) erythritol · 80 g (5½ tbsp) butter
- 110 g (1 cup + 2 tbsp) almond flour · 65 g (⅓ cup + 1 tbsp) rice flour
- 30 g (¼ cup) cornstarch · 30 g (⅓ cup) fine shredded coconut
- 1 tsp vanilla · 1 tsp baking powder

Filling

- 190 g (⅔ cup) sugar-free dulce de leche

Optional finish

- Melted sugar-free chocolate for half-dipping

Directions

Beat the butter with the erythritol until creamy. Add the eggs and vanilla. Add the almond flour, rice flour, cornstarch, coconut and baking powder. Form a soft dough. Chill 20–30 minutes. Bake at 170 °C (340 °F) for 10–12 minutes. Cool completely before filling.

Fill with sugar-free dulce de leche and sandwich the cookies. For a more attractive, sellable finish, dip just part of each alfajor in melted sugar-free chocolate and let it set on parchment.

Half-dipping greatly improves the look without adding much cost. Coconut and chocolate together look great. This recipe sells very well.

RECIPE 46

Hazelnut Coffee Healthy Alfajores

For the cookies

- 2 eggs · 80 g (⅓ cup + 1 tbsp) erythritol · 80 g (5½ tbsp) butter
- 110 g (1 cup + 2 tbsp) almond flour · 65 g (⅓ cup + 1 tbsp) rice flour
- 30 g (¼ cup) cornstarch · 20 g (3 tbsp) ground hazelnuts · 1 tsp instant coffee
- 1 tsp vanilla · 1 tsp baking powder · 1 pinch of salt

Filling

- 180 g (½ cup + 2 tbsp) sugar-free hazelnut cream

Dissolve the coffee in a few drops of hot water. Beat the butter and erythritol. Add the eggs, vanilla, salt and coffee. Add the flours and hazelnut. Chill 20-30 min. Bake at 170 °C (340 °F) for 10-12 min. Fill once cool.

Coffee adds a grown-up, gourmet profile. Hazelnut pairs beautifully with that toasty note.

RECIPE 47

Pistachio Lemon Healthy Alfajores

For the cookies

- 2 eggs · 75 g (⅓ cup + 1 tbsp) erythritol · 80 g (5½ tbsp) butter
- 110 g (1 cup + 2 tbsp) almond flour · 65 g (⅓ cup + 1 tbsp) rice flour
- 30 g (¼ cup) cornstarch · 20 g (3 tbsp) ground pistachios · zest of 1 lemon
- 1 tsp vanilla · 1 tsp baking powder

Filling

- 180 g (½ cup + 2 tbsp) firm sugar-free cream or dulce de leche

Beat the butter and erythritol. Add the eggs, vanilla and zest. Add the flours, pistachio and cornstarch. Chill 20-30 min.
Bake at 170 °C (340 °F) for 10-12 min. Fill once cool.

Pistachio and lemon make an elegant pair. Ideal for a premium line decorated with fine pistachio.

RECIPE 48

Chocolate Orange Healthy Alfajores with a Premium Finish

For the cookies

- 2 eggs · 80 g (⅓ cup + 1 tbsp) erythritol · 80 g (5½ tbsp) butter
- 100 g (1 cup) almond flour · 65 g (⅓ cup + 1 tbsp) rice flour
- 30 g (¼ cup) cornstarch · 20 g (¼ cup) pure cocoa · zest of 1 orange
- 1 tsp vanilla · 1 tsp baking powder · 1 pinch of salt

Filling and decoration

- 190 g (⅔ cup) sugar-free cocoa cream or dulce de leche
- Melted chocolate + very fine orange zest (optional)

Beat the butter and erythritol. Add the eggs, vanilla, zest and salt. Add the flours and cocoa. Chill 20–30 min. Bake at 170 °C (340 °F) for 10–12 min. Fill once cool and decorate with a chocolate drizzle and zest.

Excellent visual presence. Orange brightens the chocolate without making it heavy. Great for a premium line.

RECIPE 49

Premium Chocolate Dulce de Leche Healthy Alfajores to Sell

For the cookies

- 2 eggs · 80 g (⅓ cup + 1 tbsp) erythritol · 80 g (5½ tbsp) butter
- 100 g (1 cup) almond flour · 65 g (⅓ cup + 1 tbsp) rice flour
- 30 g (¼ cup) cornstarch · 20 g (¼ cup) pure cocoa
- 1 tsp vanilla · 1 tsp baking powder · 1 pinch of salt

Filling and decoration

- 200 g (⅔ cup) firm sugar-free dulce de leche
- Melted chocolate · shredded coconut · ground almonds (optional)

Beat the butter and erythritol. Add the eggs, vanilla and salt. Add the flours and cocoa. Chill 20–30 min. Bake at 170 °C (340 °F) for 10–12 min. Fill once cool and decorate as you like.

Made to look good, yield well and sell well. Great for bundles or premium boxes.

RECIPE 50

Master Healthy Alfajores to Sell

For the cookies

- 2 eggs · 80 g (⅔ cup) powdered erythritol · 85 g (6 tbsp) butter
- 120 g (1¼ cups) almond flour · 70 g (scant ½ cup) rice flour
- 30 g (¼ cup) cornstarch · 1 tbsp vanilla
- Finely grated zest of 1 lemon · 1 tsp baking powder · 1 pinch of salt

Filling

- 220 g (¾ cup) firm sugar-free dulce de leche

Optional finish

- Fine shredded coconut · Melted chocolate · Ground almonds

Directions

Beat the butter with the erythritol until creamy and airy. Add the eggs, vanilla, lemon zest and salt. Mix well. Mix in the almond flour, rice flour, cornstarch and baking powder. Bring the ingredients together into a soft, smooth dough. **Don't overknead it.**

Chill 20-30 minutes. Roll evenly between two sheets of parchment. Cut circles of the same size and bake at 170 °C (340 °F) for 10-12 minutes. The cookies should be baked but soft. Cool completely. Fill with firm sugar-free dulce de leche and finish with coconut, ground almonds or a chocolate drizzle, depending on the look you want.

This recipe is designed to yield well, look good and sell well. Keep all the cookies the same size. An excellent base to sell individually, in boxes or to order.

Recipe book at a glance

A quick guide with every flavor organized by category to help you plan your baking and build your boxes.



Key numbers in this book

50+

Unique recipes

With varied flavor profiles, from classics to premium gourmet versions ready to sell.

6

Categories

Classic, chocolate, citrus, nut, specialty and premium gourmet to sell.

170°C

Key temperature (340 °F)

The exact baking point for soft, tender cookies with the perfect texture for filling.

20m

Chilling time

The minimum fridge time that guarantees an easy-to-handle dough and perfectly shaped cookies.

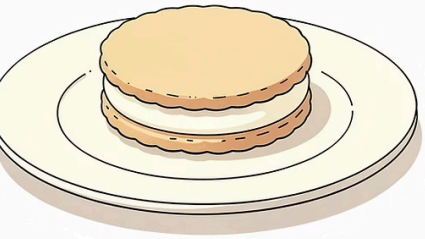
Your healthy alfajor line: from recipe to sale

Turning these recipes into a profitable business takes consistency, presentation and strategy. This diagram sums up the path from baking to the customer.



Bake **Present** **Photograph** **Sell**

Each of these steps is as important as the last. A well-made alfajor that's poorly presented loses value. A well-photographed product with no sales structure never reaches the customer. Success is in the whole chain.



plain



gift edition

Presentation mistakes that cost you sales

Cookies in different sizes

An alfajor with uneven cookies looks imprecise. Always use the same cutter and the same thickness.

❌Overflowing filling

Too much filling looks sloppy and messes up the packaging.
Use a piping bag for a neat finish.

✓Consistency and care

Consistency in size, filling and presentation is what separates a homemade product from a professional one.

FAQ before you start selling

How long do alfajores last once filled?

With firm fillings in an airtight container, 5 to 7 days in the fridge. At room temperature, 2 to 3 days in a cool, dry place.

Can I freeze them?

Unfilled cookies freeze perfectly for up to 30 days. Filled alfajores can be frozen, though the filling may change texture slightly.

How many alfajores does each recipe make?

About 10 to 15 medium alfajores, depending on your cutter size and dough thickness. For larger batches, double or triple the recipe.

Can I use stevia instead of erythritol?

Stevia is much stronger. If you use it, reduce the amount significantly and make sure it's a powdered, baking-friendly version so the dough texture doesn't change.

Closing thoughts

You made it this far, and that says a lot about you. It means you have the curiosity, determination and desire to create something that goes beyond a simple recipe. These healthy alfajores aren't just sugar-free, gluten-free treats: they're the result of well-chosen ingredients, careful technique and a clear vision of what you want to offer.

Whether you make them for your family, as gifts or to build a business you're proud of, every alfajor you make with these recipes will carry your personal touch. And in today's market, that's worth a lot.

This book is yours. Use it, adapt the recipes, experiment with flavors, create your own versions and build the business or hobby you've always wanted.

Final message

Every alfajor you make is a small, edible work of art. Behind every soft cookie, every creamy filling and every perfectly finished edge there's effort, practice and love for what you do. It doesn't matter whether you're starting from zero or already have baking experience: what matters is that you decided to create something delicious, different and yours.

The healthy-treat market is broad, growing and needs more people like you: people who bake with care, present with elegance and sell with honesty and passion. You now have 50+ tested, organized recipes ready to become products that impress.

Now head to the kitchen. Turn on the oven. And get started.

With love and plenty of sugar-free dulce de leche,

Your Healthy Alfajores Recipe Book

50+ Healthy Alfajores

Sugar-Free · Gluten-Free · Full of Flavor

Thank you for trusting this guide. We hope every recipe you make is a success: at your table, in your hands and in your business.

🍪Bake

With quality ingredients and careful technique for soft cookies and perfect fillings.

🎁Present

With elegant packaging, consistency and details that say value at first glance.

💛Sell

With confidence, because you have tested, unique recipes with real market potential.

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