

Baking is a way to take the self-care and self-expression that we all crave and make it concrete and visible. Baking is a way to stop talking about what we want and show it.

Baking for yourself is one thing; baking for other people is another. One is an act of love; the other, an act of generosity. But both are ways of identifying what you need and giving it to yourself. And both are ways of taking something you like and making it even better—or at least different—so that the pleasure keeps coming back. And if those two things aren't self-care, what is?

Baking can be a way to feel useful and valued and appreciated by other people: bringing them the cookies or cupcakes you made for them is an easy way to show how much you care about them. Baking can also be a way to treat yourself well.

Nothing smells better than holiday cookies baking on a cold winter's night. A fire going in the fireplace, some hot chocolate or even a cold glass of milk, and warm cookies straight from the oven are enough to bring back all the fond memories of childhood.

Thankfully, making cookies is not very difficult, even for the beginner baker like me. In addition, it's something you can usually do with your children or grandchildren. It's tasty fun for the whole family. The following ten cookie recipes are sure to bring you and your family much joy and many new memories of the holiday season.



Sneak A Peek Cookies with Spiced Jam

Yield: About 3 dozen cookies

Most everyone loves filled cookies. These light and delicious cookies will delight and surprise at how difficult they look, but they are really not that hard to make. It's just two layers of cookies put together like a sandwich with jam. This dough freezes well for later preparation, and you can keep it in the fridge for a day or two if you want to make the dough ahead and the cookies the following day



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