

DESSERT

Anise Cookies IV

13 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
30 min	10 min	8 min	48	\$0.11	100 kcal

Anise Cookies IV requires around 30 minutes from start to finish. This recipe serves 48 and costs 11 cents per serving. Watching your figure? This dairy free recipe has 100 calories, 2g of protein, and 5g of fat per serving. A few people really liked this dessert.

Ingredients

- ☐ 1½ teaspoons anise extract
- ☐ 6 eggs
- ☐ 1 cup shortening
- ☐ 4 teaspoons baking powder
- ☐ 4 cups all-purpose flour
- ☐ 1 cup white sugar

EQUIPMENT Bowl, Baking sheet, Oven, Wire rack

Method

- 1

Preheat oven to 350 degrees F (175 degrees C).
- 2

In a medium bowl, cream together the shortening, sugar and eggs until smooth. Stir in the anise extract.
- 3

Combine the flour and baking powder; stir into the wet ingredients. Scoop out spoonfuls and roll into balls.
- 4

Place balls 2 inches apart onto ungreased cookie sheets.
- 5

Bake for 8 to 10 minutes in the preheated oven, until light brown. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely. Frost when cool if desired.

Nutrition per serving

100	2 g	5 g	12 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1.3 g · 8% of daily needs
Fibre			0.3 g · 1% of daily needs
Sugar			4.2 g · 5% of daily needs
Sodium			43.6 mg · 2% of daily needs
Cholesterol			20.5 mg · 7% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/anise-cookies-iv-142397