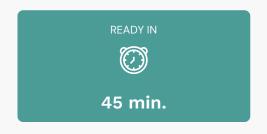


Cakespy: Olympic Ring Cookies

Vegetarian







DESSERT

Ingredients

0.5 teaspoon salt

1 cup sugar

0.3 teaspoon baking soda
0.5 cup butter
2 tablespoons cup heavy whipping cream
2 eggs
2.5 cups flour
20 servings purple gel food coloring green blue red yellow

Ш	1 teaspoon vanilla	
Equipment		
	bowl	
	baking sheet	
	oven	
Directions		
	Stir the dry ingredients together in a medium bowl; set aside.	
	Mix butter, sugar, and eggs thoroughly. Stir in the cream and vanilla.	
	Mix the dry ingredients into the wet bit by bit, until completely incorporated.	
	Separate the dough into five different bowls; color each little batch to correspond to the Olympic ring colors. If you don't have and don't feel like buying black dye, do as I did and simply add a few drops of every food coloring color to your final ball of dough, and you'll get a brownish hue. People will get the point.	
	Wrap the dough tightly and chill for at least 4 to 5 hours or overnight.	
	Preheat oven to 400 degrees	
	Roll dough (one color at a time) about 1/8 inch thick on a very well-floured mat or board.	
	Note: Keep the colors not being rolled chilled while you do this so they won't get too soft.	
	Cut out cookies using a doughnut cutter.	
	Place on an ungreased baking sheet. Save the "doughnut hole" pieces—you can bake these too for little bite-sized treats.	
	Bake for 6 to 8 minutes or until delicately browned.	
	If you want to try to interlink the rounds, go ahead and try the procedure listed here. However I found that my circles were too fat to be linked, so to form the Olympic rings I simply positioned the rounds in the appropriate order (top row of blue, black, red; bottom row of yellow and green) and trimmed the cookies so that they fit together in a way that suggested linkage. I used a small bit of confectioners' sugar mixed with milk as "glue" between the rings. Oh, and don't worry about those little pieces you snip off to make the rings fit together; the excess pieces are excellent to snack on while you work.	

Nutrition Facts

Properties

Glycemic Index:9.75, Glycemic Load:15.61, Inflammation Score:-2, Nutrition Score:2.8439130255871%

Nutrients (% of daily need)

Calories: 148.03kcal (7.4%), Fat: 5.75g (8.84%), Saturated Fat: 3.42g (21.4%), Carbohydrates: 21.99g (7.33%), Net Carbohydrates: 21.56g (7.84%), Sugar: 10.11g (11.23%), Cholesterol: 30.26mg (10.09%), Sodium: 115.39mg (5.02%), Alcohol: 0.07g (100%), Alcohol %: 0.23% (100%), Protein: 2.26g (4.52%), Selenium: 6.81µg (9.73%), Vitamin B1: 0.13mg (8.33%), Folate: 30.89µg (7.72%), Vitamin B2: 0.1mg (6.13%), Manganese: 0.11mg (5.44%), Vitamin B3: 0.93mg (4.65%), Iron: 0.81mg (4.5%), Vitamin A: 187.63IU (3.75%), Phosphorus: 27.83mg (2.78%), Fiber: 0.42g (1.69%), Vitamin B5: 0.15mg (1.46%), Copper: 0.03mg (1.34%), Vitamin E: 0.2mg (1.34%), Zinc: 0.18mg (1.17%), Magnesium: 4.21mg (1.05%)