



Cakespy: Olympic Ring Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



148 kcal

DESSERT

Ingredients

- ☐ 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
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar

- ☐ 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



 PROTEIN **6.08%**  FAT **34.78%**  CARBS **59.14%**

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%)