



Christmas Sugar Wafers with Vanilla Icing

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



87 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 cup butter
- ☐ 1 teaspoon light-colored corn syrup
- ☐ 3 tablespoons cornstarch
- ☐ 2 tablespoons brown sugar dark
- ☐ 2 large egg whites
- ☐ 1.5 cups flour all-purpose

- ☐ 1 cup powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 1 Dash salt
- ☐ 6 tablespoons sugar
- ☐ 0.3 teaspoon vanilla extract
- ☐ 1.5 teaspoons vanilla extract
- ☐ 2.5 teaspoons warm water

Equipment

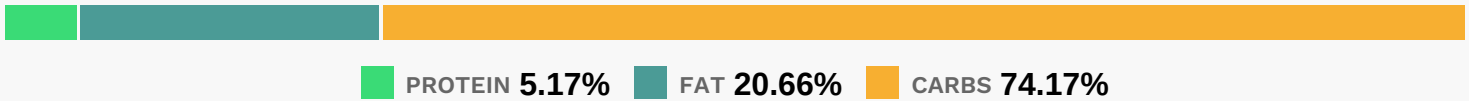
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ cookie cutter
- ☐ ziploc bags
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ To prepare cookies, place first 3 ingredients in a large bowl; beat with a mixer at medium speed until well blended (about 5 minutes). Beat in 1 1/2 teaspoons vanilla.
- ☐ Add egg whites, 1 at a time, beating well after each addition.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 4 ingredients (through 1/4 teaspoon salt), stirring well with a whisk.

- ☐ Add to butter mixture; beat well. Turn dough out onto a lightly floured surface (dough will be soft). Divide dough into 4 equal portions.
- ☐ Roll each portion to an 8-inch circle between 2 sheets of plastic wrap. Freeze dough 20 minutes or until plastic wrap can be easily removed.
- ☐ Working with 1 portion of dough at a time (keep remaining dough in freezer), remove top sheet of plastic wrap.
- ☐ Cut dough with a 3-inch cookie cutter, dipping cutter in flour between each use; place cookies on baking sheets coated with cooking spray. Discard bottom sheet of plastic wrap; reserve remaining dough scraps. Repeat procedure with remaining frozen dough.
- ☐ Gently gather reserved dough into a ball; repeat rolling, freezing, and cutting procedure.
- ☐ Bake at 375 for 8 minutes or until cookies are lightly browned.
- ☐ Remove from baking sheet; cool on a wire rack.
- ☐ To prepare vanilla icing, combine 1 cup powdered sugar and remaining ingredients in a small bowl; stir with a fork until combined.
- ☐ Drizzle icing over the cookies, or spoon into a small zip-top plastic bag; cut a tiny hole in 1 corner of bag, and pipe designs onto cookies.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:6.49, Inflammation Score:-1, Nutrition Score:1.3182608614797%

Nutrients (% of daily need)

Calories: 87.49kcal (4.37%), Fat: 2.01g (3.09%), Saturated Fat: 1.23g (7.67%), Carbohydrates: 16.23g (5.41%), Net Carbohydrates: 16.01g (5.82%), Sugar: 9.25g (10.28%), Cholesterol: 5.08mg (1.69%), Sodium: 66.81mg (2.9%), Alcohol: 0.1g (100%), Alcohol %: 0.52% (100%), Protein: 1.13g (2.26%), Selenium: 3.31µg (4.73%), Vitamin B1: 0.06mg (4.12%), Folate: 14.49µg (3.62%), Vitamin B2: 0.05mg (3.13%), Manganese: 0.06mg (2.79%), Vitamin B3: 0.47mg (2.34%), Iron: 0.39mg (2.17%), Vitamin A: 59.09IU (1.18%), Phosphorus: 11.43mg (1.14%)