



Citrus Trio Butter Dipping Cookies

READY IN



44 min.

SERVINGS



60

CALORIES



94 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 4 ounces cream cheese
- ☐ 60 servings finley grated zest from 1 lemon grated
- ☐ 1.8 cups flour all-purpose
- ☐ 1 lime zest finely grated
- ☐ 60 servings finley grates zest from 1 lemon
- ☐ 1 cup butter (2 sticks)
- ☐ 1 orange zest finely grated
- ☐ 1 Dash salt

- ☐ 1 cup sugar
- ☐ 1 cup butter unsalted
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 teaspoons vanilla extract
- ☐ 4 ounces vegan cream cheese

Equipment

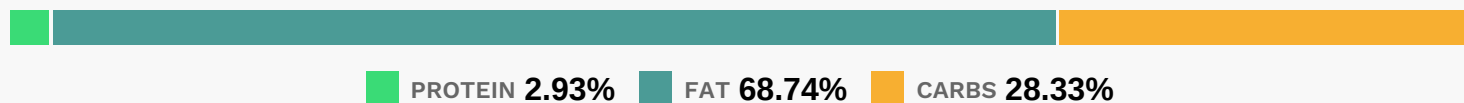
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ stand mixer
- ☐ ziploc bags
- ☐ spatula
- ☐ pastry bag

Directions

- ☐ Enjoy these cookies inspired by delicious langues-de-chat, delicate French tea cookies. I love these with coffee, tea, or even with rich hot chocolate perfect for dipping as you sip! Or, you could even dip the cookies into melted chocolate or caramel.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Add the butter, cream cheese, sugar and vanilla to the bowl of a stand mixer. Beat on medium-high speed until creamy, about 1 minute.
- ☐ In a separate bowl, whisk together the flour, baking powder and salt. On the lowest speed, gradually add the flour mixture into the butter mixture, just until blended. Divide the batter into 3 bowls, and gently stir in the different zests among the bowls, making 3 citrus flavored batters.
- ☐ Scrape each batter into a pastry bag fitted with a 1/4-inch tip, or a sturdy plastic bag with the corner snipped off. Pipe 2-inch long strips, about 2 inches apart, on a cold unlined baking sheet.
- ☐ Bake for 12 to 14 minutes, or until golden brown. Repeat with the other batches.

- ☐ Remove from the oven, and let cool on the baking sheet for a few minutes before removing with a spatula to cool completely on baking rack.
- ☐ Serve with tea or coffee, or just nibble...addictive!
- ☐ Cook's Note: To butter cookie purists: these are also delicious without the zest!
- ☐ *Note: This recipe has been updated as of December 8, 200
- ☐ Preheat the oven to 350 degrees F.
- ☐ Add the margarine, vegan cream cheese, sugar, and vanilla to the bowl of a stand mixer. Beat on medium-high speed until creamy, about 1 minute. (The mixture will look a little separated at this point. No worries, it comes together – scrape down the sides of the bowl.)
- ☐ In a separate bowl, whisk together the flour, baking powder and salt. On the lowest speed, gradually add the flour mixture into the butter mixture, just until blended. Divide the batter into 3 bowls, and gently stir in the different zests among the bowls, making 3 citrus flavored batters.
- ☐ Scrape each batter into a pastry bag fitted with a 1/4-inch tip, or a sturdy plastic bag with the corner snipped off. Pipe 2-inch long strips about 2-inches apart on a cold unlined baking sheet.
- ☐ Bake for 12 to 14 minutes, or until golden brown. Repeat with the other batches.
- ☐ Remove from the oven and let cool on the baking sheet for a few minutes before removing with a spatula to cool completely on baking rack.
- ☐ Serve with tea or coffee, or just nibble...addictive!
- ☐ *Note: This recipe has been updated as of December 8, 2009.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:4.45, Inflammation Score:-2, Nutrition Score:1.1030434810597%

Flavonoids

Hesperetin: 1.34mg, Hesperetin: 1.34mg, Hesperetin: 1.34mg, Hesperetin: 1.34mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 94.15kcal (4.71%), Fat: 7.37g (11.33%), Saturated Fat: 3.15g (19.67%), Carbohydrates: 6.83g (2.28%), Net Carbohydrates: 6.5g (2.36%), Sugar: 3.54g (3.94%), Cholesterol: 10.04mg (3.35%), Sodium: 51.94mg (2.26%), Alcohol: 0.06g (100%), Alcohol %: 0.33% (100%), Protein: 0.71g (1.41%), Vitamin A: 257.66IU (5.15%), Selenium: 1.47µg (2.1%), Vitamin B1: 0.03mg (2.05%), Folate: 7.3µg (1.83%), Vitamin B2: 0.03mg (1.57%), Vitamin E: 0.23mg (1.54%), Vitamin C: 1.19mg (1.44%), Fiber: 0.33g (1.32%), Manganese: 0.03mg (1.3%), Iron: 0.22mg (1.21%), Vitamin B3: 0.23mg (1.14%)