



## Cookie Bugs

 Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



50 kcal

DESSERT

### Ingredients

- 0.8 teaspoon anise extract
- 2 eggs at room temperature
- 1 cup flour all-purpose
- 30 servings garnish: licorice mini
- 1 cup sugar

### Equipment

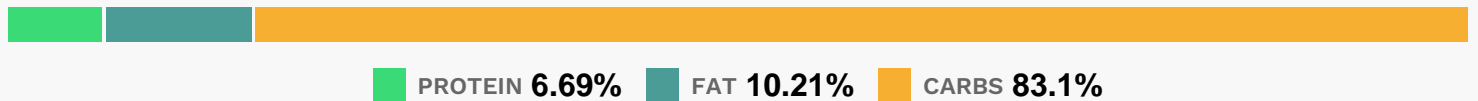
- bowl
- baking sheet

- oven
- blender
- hand mixer

## Directions

- Place eggs in a large bowl. Beat with an electric mixer on high speed for 4 minutes. Gradually beat in sugar. Continue beating on high speed for 10 minutes, until mixture thickens.
- Add extract; reduce mixer to low speed and beat in flour. Drop dough by rounded teaspoonfuls onto greased baking sheets. Insert pieces of cut licorice for legs and antennae.
- Let dry at room temperature, 10 to 12 hours or overnight. Do not refrigerate.
- Bake on top rack of oven at 350 degrees for 10 to 12 minutes.
- Remove cookies from baking sheets as soon as they come out of oven. Immediately press in chocolate chip eyes.

## Nutrition Facts



## Properties

Glycemic Index:4.84, Glycemic Load:6.95, Inflammation Score:-1, Nutrition Score:0.8656521671978%

## Nutrients (% of daily need)

Calories: 50.05kcal (2.5%), Fat: 0.57g (0.88%), Saturated Fat: 0.24g (1.52%), Carbohydrates: 10.52g (3.51%), Net Carbohydrates: 10.39g (3.78%), Sugar: 7.3g (8.11%), Cholesterol: 11.06mg (3.69%), Sodium: 5mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.7%), Selenium: 2.35µg (3.36%), Vitamin B1: 0.03mg (2.26%), Folate: 9µg (2.25%), Vitamin B2: 0.04mg (2.07%), Manganese: 0.03mg (1.48%), Iron: 0.26mg (1.45%), Vitamin B3: 0.25mg (1.24%), Phosphorus: 10.31mg (1.03%)