



Cookies on a Stick

 Vegetarian

READY IN



76 min.

SERVINGS



12

CALORIES



326 kcal

DESSERT

Ingredients

- 1 cup butter softened
- 1 sticks lollipop sticks
- 2 egg yolks
- 2.3 cups flour all-purpose
- 0.3 teaspoon salt
- 0.8 cup sugar
- 12 servings decorations: colored sugar
- 1 teaspoon vanilla extract

Equipment

- baking sheet
- oven
- hand mixer
- microwave
- spatula

Directions

- Beat butter and sugar at medium speed with an electric mixer about 5 minutes or until creamy.
- Add egg yolks and vanilla, beating until blended.
- Combine flour and salt; gradually add to butter mixture, beating until blended after each addition. Cover and freeze 30 minutes.
- Roll dough to a 3/8-inch thickness on a lightly floured surface.
- Cut desired shapes using favorite seasonal cutters; place on lightly greased baking sheets, allowing space for craft sticks. Insert 1 craft stick into bottom of each cookie.
- Bake at 350 for 10 to 16 minutes or until edges are golden. (Baking times may vary with different cookie shapes and sizes.) Cool 5 minutes on baking sheets. Slip a metal spatula under cookies to loosen; cool completely on baking sheets.
- Spread a generous amount of Easy Microwave Frosting where each stick and cookie are joined to ensure stability.
- Let dry about 30 minutes.
- Spread a thin layer of Easy Microwave Frosting on front side of each cookie, and sprinkle with desired decorations before frosting dries; then dry completely. Store in a cool, dry place.
- Chocolate Cookies on a Stick: Reduce all-purpose flour to 1 3/4 cups, and add 1/2 cup unsweetened cocoa. Proceed with recipe as directed.
- Note: Do not substitute refrigerated cookie dough for this recipe. It contains leavening and tends to spread as it bakes, distorting cookie shapes.

Nutrition Facts



■ PROTEIN 3.71% ■ FAT 44.84% ■ CARBS 51.45%

Properties

Glycemic Index:24.77, Glycemic Load:30.05, Inflammation Score:-4, Nutrition Score:4.5213043534237%

Nutrients (% of daily need)

Calories: 325.9kcal (16.3%), Fat: 16.44g (25.3%), Saturated Fat: 10.05g (62.79%), Carbohydrates: 42.45g (14.15%), Net Carbohydrates: 41.82g (15.21%), Sugar: 24.59g (27.32%), Cholesterol: 73.07mg (24.36%), Sodium: 172.33mg (7.49%), Alcohol: 0.11g (100%), Alcohol %: 0.21% (100%), Protein: 3.06g (6.12%), Selenium: 9.96µg (14.23%), Vitamin B1: 0.19mg (12.68%), Folate: 47.87µg (11.97%), Vitamin A: 516.36IU (10.33%), Vitamin B2: 0.14mg (8.42%), Manganese: 0.16mg (8.17%), Vitamin B3: 1.39mg (6.97%), Iron: 1.19mg (6.59%), Phosphorus: 41.59mg (4.16%), Vitamin E: 0.53mg (3.54%), Fiber: 0.63g (2.54%), Vitamin B5: 0.21mg (2.13%), Copper: 0.04mg (1.9%), Zinc: 0.25mg (1.69%), Vitamin B12: 0.09µg (1.51%), Magnesium: 5.74mg (1.43%), Vitamin K: 1.44µg (1.37%), Calcium: 12.27mg (1.23%), Vitamin D: 0.16µg (1.08%), Vitamin B6: 0.02mg (1.08%)