



Easter Egg Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



28

CALORIES



89 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup butter softened
- ☐ 1 large eggs
- ☐ 3 tablespoons skim milk fat-free
- ☐ 6.5 ounces flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 2 cups powdered sugar

- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon vanilla extract
- ☐ 1 teaspoon vanilla extract

Equipment

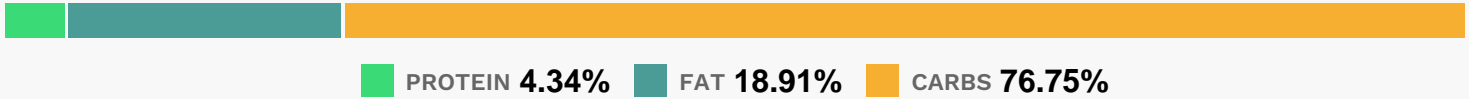
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ measuring cup

Directions

- ☐ To prepare cookies, spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, baking soda, and salt, stirring with a whisk.
- ☐ Place granulated sugar and butter in a large bowl; beat with a mixer at medium speed until well blended (about 5 minutes). Beat in 1 teaspoon vanilla and egg.
- ☐ Add flour mixture, beating at low speed until blended.
- ☐ Place dough between two sheets of plastic wrap.
- ☐ Roll dough to a 1/4-inch thickness. Chill 1 hour.
- ☐ Preheat oven to 37
- ☐ Cut dough with a 2 1/4-inch egg-shaped cutter.
- ☐ Place cookies on a baking sheet lined with parchment paper.

- ☐ Bake at 375 for 8 minutes or until edges of cookies are browned. Cool cookies 1 minute on pan.
- ☐ Remove cookies from parchment; cool completely on a wire rack.
- ☐ To prepare icing, combine powdered sugar, milk, and 1/4 teaspoon vanilla; stir until smooth.
- ☐ Add food coloring, if desired. Stir well.
- ☐ Spread or pipe icing onto cookies.

Nutrition Facts



Properties

Glycemic Index:11.44, Glycemic Load:6.17, Inflammation Score:-1, Nutrition Score:1.2452173919781%

Nutrients (% of daily need)

Calories: 89.23kcal (4.46%), Fat: 1.89g (2.91%), Saturated Fat: 1.11g (6.93%), Carbohydrates: 17.27g (5.76%), Net Carbohydrates: 17.09g (6.21%), Sugar: 12.08g (13.42%), Cholesterol: 11.05mg (3.68%), Sodium: 64.46mg (2.8%), Alcohol: 0.06g (100%), Alcohol %: 0.32% (100%), Protein: 0.98g (1.95%), Selenium: 2.9µg (4.15%), Vitamin B1: 0.05mg (3.56%), Folate: 12.98µg (3.24%), Vitamin B2: 0.05mg (2.7%), Manganese: 0.05mg (2.32%), Vitamin B3: 0.39mg (1.97%), Iron: 0.35mg (1.96%), Phosphorus: 14.43mg (1.44%), Vitamin A: 63.57IU (1.27%)