



Flower Power Cookie Pops

 Dairy Free

READY IN



90 min.

SERVINGS



25

CALORIES



133 kcal

DESSERT

Ingredients

- ☐ 17.5 oz sugar cookie mix
- ☐ 1 serving basic cookie mix for on cookie mix pouch for cutout cookies
- ☐ 0.3 teaspoon purple gel food coloring green blue red yellow
- ☐ 25 you will also need: parchment paper

Equipment

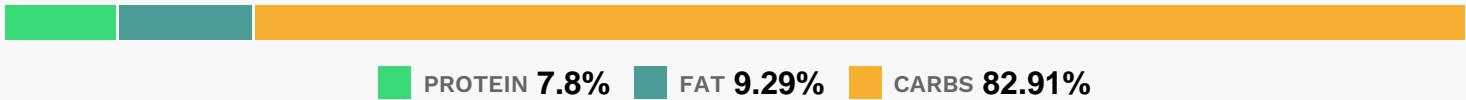
- ☐ bowl
- ☐ baking sheet
- ☐ oven

- ☐ cookie cutter
- ☐ lollipop sticks

Directions

- ☐ Heat oven to 375°F. In medium bowl, stir cookie mix, flour, butter and eggs until dough forms. Divide dough evenly into 5 portions; tint each portion with different paste food color, kneading until blended.
- ☐ Break off 2-inch portions of each color dough. On lightly floured surface, gently press dough portions together to form a large round, about 1 inch thick.
- ☐ Roll dough to 1/4-inch thickness.
- ☐ Cut with 3-inch flower-shaped cookie cutter. On ungreased cookie sheets, place cutouts 2 inches apart. Insert 1 lollipop stick halfway into center of each cookie.
- ☐ Bake 10 to 12 minutes or until set. Cool 5 minutes; remove from cookie sheets to cooling racks. Cool completely.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.0873913066867%

Nutrients (% of daily need)

Calories: 133.43kcal (6.67%), Fat: 1.36g (2.09%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 27.32g (9.11%), Net Carbohydrates: 26.98g (9.81%), Sugar: 9.23g (10.25%), Cholesterol: 1.71mg (0.57%), Sodium: 165.42mg (7.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.14%), Selenium: 5.36µg (7.65%), Vitamin B1: 0.11mg (7.37%), Manganese: 0.12mg (6.06%), Vitamin B3: 1.11mg (5.55%), Folate: 19.52µg (4.88%), Vitamin B2: 0.08mg (4.62%), Iron: 0.71mg (3.94%), Phosphorus: 15.39mg (1.54%), Copper: 0.03mg (1.4%), Fiber: 0.34g (1.37%)