



Ghostly Cookies

 Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



207 kcal

DESSERT

Ingredients

- ☐ 12 grands flaky refrigerator biscuits soft (Can use 1 6-ounce box of Enjoy Life Cookies, any flavor)
- ☐ 10 ounce dairy-free chocolate chips (such as Enjoy Life Chocolate Chips)
- ☐ 4 teaspoons xanthan gum (for corn-free)
- ☐ 1 cup powdered sugar organic (brands are typically vegan and many use tapioca starch)
- ☐ 3 tablespoons water

Equipment

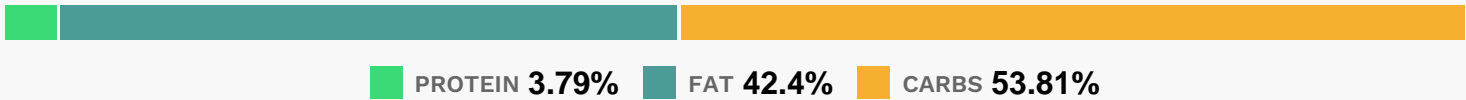
- ☐ bowl
- ☐ plastic wrap

☐ rolling pin

Directions

- ☐ In a bowl, combine powdered sugar and xanthan gum.
- ☐ Add water a little at a time to combine, use hands to incorporate. When it forms a “dough,” knead it a few times.
- ☐ Roll it out with a rolling pin and let dough rest for about 10–15 minutes, covered with plastic wrap.
- ☐ Roll out in stages, keeping the remaining dough covered in plastic wrap.
- ☐ Cut out a circle about 1-1/2-inches in diameter and roll until it is very thin. Take 1 cookie and roll in hands until it is a round ball. Take dough circle and drape it over cookie.
- ☐ Place 2 chocolate chips for eyes. Best if eaten right away. May be stored covered tightly in plastic wrap (to keep from drying out) for 1–2 days.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:4, Inflammation Score:-1, Nutrition Score:1.823478260118%

Nutrients (% of daily need)

Calories: 206.86kcal (10.34%), Fat: 10.55g (16.23%), Saturated Fat: 5.57g (34.79%), Carbohydrates: 30.12g (10.04%), Net Carbohydrates: 27.63g (10.05%), Sugar: 13.24g (14.71%), Cholesterol: 0mg (0%), Sodium: 64.37mg (2.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.24%), Iron: 2.12mg (11.77%), Fiber: 2.49g (9.94%), Calcium: 32.12mg (3.21%), Vitamin B1: 0.04mg (2.35%), Manganese: 0.04mg (2.14%), Folate: 8.1µg (2.02%), Vitamin B2: 0.03mg (1.85%), Vitamin B3: 0.33mg (1.64%), Vitamin E: 0.24mg (1.63%), Phosphorus: 10.56mg (1.06%), Vitamin K: 1.1µg (1.05%)