



## Graham Stars

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 teaspoon baking soda
- 0.5 cup firmly brown sugar packed
- 0.5 cup butter softened
- 1 large eggs
- 1.5 cups flour all-purpose
- 1 cup graham flour whole wheat
- 1 teaspoon ground cinnamon
- 0.3 cup honey

- 0.8 cup powdered sugar sifted
- 0.1 teaspoon salt
- 1 teaspoon vanilla extract

## Equipment

- baking sheet
- oven
- plastic wrap
- hand mixer
- cookie cutter
- drinking straws

## Directions

- Beat butter at medium speed of an electric mixer until creamy; gradually add brown sugar and honey, beating well.
- Add egg and vanilla; beat well.
- Combine flours, baking soda, and salt; gradually add to butter mixture, beating just until blended. Divide dough into four portions; shape each portion into a disc. Wrap in plastic wrap, and chill dough at least 1 hour.
- Working with one portion of dough at a time, roll dough to 1/8" thickness on a lightly floured surface.
- Cut with a 3" star-shaped cookie cutter.
- Place cutouts on lightly greased cookie sheets. Using a plastic drinking straw, make a hole in center of each star, and twist the straw to remove tiny piece of dough.
- Bake at 375 for 8 minutes or until edges of cookies are lightly browned. Cool slightly on cookie sheets; remove to wire racks, and cool completely. Repeat procedure with remaining portions of dough.
- Combine powdered sugar and cinnamon in a large zip-top bag; seal and toss to combine.
- Add cookies to bag, about 5 at a time, and shake gently to coat.
- Remove coated cookies from bag, and repeat procedure with remaining cookies. String cookies onto raffia or ribbon, if desired.

# Nutrition Facts

PROTEIN 5.41% FAT 28.38% CARBS 66.21%

## Properties

Glycemic Index:3.8, Glycemic Load:3.17, Inflammation Score:-1, Nutrition Score:0.88130434586302%

## Nutrients (% of daily need)

Calories: 65.33kcal (3.27%), Fat: 2.1g (3.23%), Saturated Fat: 1.25g (7.84%), Carbohydrates: 11.01g (3.67%), Net Carbohydrates: 10.54g (3.83%), Sugar: 6.02g (6.69%), Cholesterol: 8.96mg (2.99%), Sodium: 35mg (1.52%), Alcohol: 0.03g (100%), Alcohol %: 0.22% (100%), Protein: 0.9g (1.8%), Selenium: 1.73µg (2.47%), Vitamin B1: 0.03mg (2.08%), Folate: 7.78µg (1.95%), Manganese: 0.04mg (1.89%), Fiber: 0.47g (1.86%), Iron: 0.32mg (1.78%), Vitamin B2: 0.03mg (1.54%), Vitamin A: 64.84IU (1.3%), Vitamin B3: 0.24mg (1.19%)