



Heart Sandwich Cookies

READY IN



150 min.

SERVINGS



36

CALORIES



106 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 cup butter softened
- ☐ 3 tablespoons butter softened
- ☐ 1 teaspoon edible gold dust red
- ☐ 1 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 1 tablespoon milk
- ☐ 3 cups powdered sugar

- ☐ 0.3 cup cinnamon candies red
- ☐ 1 teaspoon vanilla
- ☐ 0.3 cup water

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ hand mixer
- ☐ cookie cutter

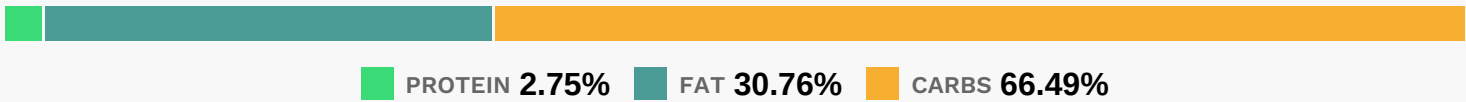
Directions

- ☐ In medium bowl, beat 1/2 cup butter, granulated sugar and egg with electric mixer on medium speed until creamy. Beat in milk and vanilla, scraping bowl frequently, until well mixed. On low speed, beat in flour and baking powder until well mixed, scraping bowl frequently.
- ☐ Shape dough into 2 equal halves; wrap in plastic wrap. Flatten each to 1/2-inch thickness. Refrigerate until firm, about 1 hour.
- ☐ Heat oven to 400F. On generously floured surface, roll out 1 half of dough 1/8 inch thick.
- ☐ Cut with small (2-inch) heart-shaped cookie cutter. On ungreased cookie sheets, place cookies 1 inch apart.
- ☐ Sprinkle glitter on cookies.
- ☐ Bake 5 to 8 minutes or until edges are lightly browned. Repeat with remaining half of dough, except do not sprinkle with glitter.
- ☐ Remove from cookie sheets to cooling rack. Cool completely, about 10 minutes.
- ☐ Meanwhile, in 2-quart saucepan, heat candies and water to boiling over medium-high heat, stirring constantly. Reduce heat to medium-low; simmer uncovered about 3 minutes, stirring

frequently, until candies are melted.

- ☐
- Remove from heat. Using wire whisk, stir in butter and powdered sugar, 1/3 cup at a time, until smooth.
- ☐
- Spread or pipe heaping teaspoon filling in center of flat side of each undecorated cookie. Press decorated cookie over filling; press firmly to secure.

Nutrition Facts



Properties

Glycemic Index:10.42, Glycemic Load:4.84, Inflammation Score:-1, Nutrition Score:1.04695650999996%

Nutrients (% of daily need)

Calories: 106.28kcal (5.31%), Fat: 3.69g (5.68%), Saturated Fat: 2.27g (14.21%), Carbohydrates: 17.96g (5.99%), Net Carbohydrates: 17.82g (6.48%), Sugar: 13.64g (15.15%), Cholesterol: 13.88mg (4.63%), Sodium: 36.01mg (1.57%), Alcohol: 0.04g (100%), Alcohol %: 0.17% (100%), Protein: 0.74g (1.48%), Selenium: 2.27µg (3.24%), Vitamin B1: 0.04mg (2.79%), Folate: 10.24µg (2.56%), Vitamin A: 115.22IU (2.3%), Vitamin B2: 0.04mg (2.11%), Manganese: 0.04mg (1.83%), Vitamin B3: 0.31mg (1.56%), Iron: 0.28mg (1.54%), Phosphorus: 10.73mg (1.07%)