Honey Refrigerator Cookies

Dairy Free

READY IN	SERVINGS	CALORIES
45 min.	80	44 kcal

DESSERT

Ingredients

- [ ] 1 teaspoon double-acting baking powder
- [ ] 0.5 cup brown sugar
- [ ] 0.3 teaspoon seltzer water (see Recipe Notes)
- [ ] 1 eggs
- [ ] 2.5 cups flour
- [ ] 0.5 cup honey
- [ ] 0.5 cup pinenuts (see Recipe Notes)
- [ ] 0.5 teaspoon salt

- [ ] 0.5 cup shortening

Equipment

- [ ] oven

Directions

- [ ] Cream together 1/2 cup each of honey, brown sugar, and shortening. Beat in 1 egg; then add 2 1/2 cups flour sifted with 1 teaspoon baking powder, 1/4 teaspoon soda, 1/2 teaspoon salt, and 1/2 cup nut meats. Shape the dough into a roll or loaf, or press it into refrigerator cookie molds. Allow the dough to ripen for a day or two in the refrigerator before you slice and bake it in a hot oven (400°F) for 10 to 12 minutes.

- [ ] Recipe Notes

- [ ] The shortening should be at room temperature before beating.

- [ ] "Soda" is baking soda.

- [ ] Use 1/2 cup coarsely chopped walnuts.

- [ ] Instead of pressing the cookies into molds, roll the dough into 2-inch-diameter rectangular logs, then slice and bake.

- [ ] From The Gourmet Cookie Book: The Single Best Recipe from Each Year 1941–2009 by Condé Nast Publications. Copyright © 2010 by Condé Nast Publications; photographs copyright © 2010 by Condé Nast Publications. Published by Houghton Mifflin Harcourt Publishing Company.

Nutrition Facts

PROTEIN 5.33%   **FAT 39.2%**   **CARBS 55.47%**
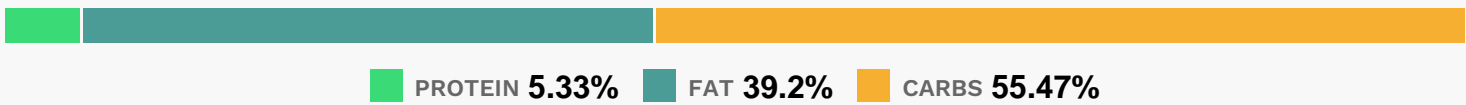
Properties

Glycemic Index:2.74, Glycemic Load:3.08, Inflammation Score:-1, Nutrition Score:1.038208716255%

Nutrients (% of daily need)

Calories: 43.7kcal (2.19%), Fat: 1.95g (3%), Saturated Fat: 0.38g (2.41%), Carbohydrates: 6.2g (2.07%), Net Carbohydrates: 6.06g (2.2%), Sugar: 3.12g (3.46%), Cholesterol: 2.05mg (0.68%), Sodium: 21.23mg (0.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.19%), Manganese: 0.1mg (5.18%), Vitamin B1: 0.03mg (2.28%), Selenium: 1.53µg (2.19%), Folate: 7.75µg (1.94%), Iron: 0.26mg (1.46%), Vitamin B2: 0.02mg (1.44%), Vitamin

B3: 0.27mg (1.36%), Phosphorus: 11.39mg (1.14%), Vitamin K: 1.15μg (1.1%), Vitamin E: 0.17mg (1.1%)