



Honey Sesame Lace Crisps

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



51 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons flour
- ☐ 0.3 cup local honey
- ☐ 0.5 cup powdered sugar
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon sesame seed toasted
- ☐ 0.3 cup butter unsalted

Equipment

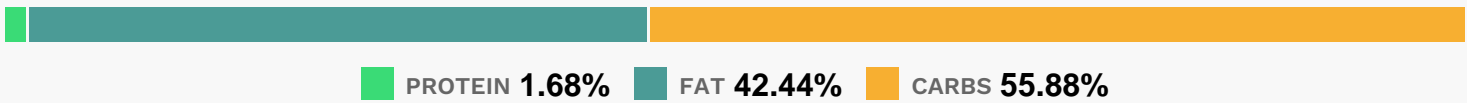
- ☐ bowl

- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ rolling pin

Directions

- ☐ Preheat oven to 35
- ☐ In a medium saucepan, melt butter with honey over medium heat.
- ☐ Add sugar and salt and whisk until well combined.
- ☐ Add flour and continue to whisk until no lumps remain. Stir in sesame seeds.
- ☐ Transfer to a small bowl and let cool slightly, about 5 minutes.
- ☐ Line 2 flat rimmed baking sheets with parchment paper. Spoon 1 heaping tsp. honey mixture onto sheets about 4 in. apart (they will spread a lot).
- ☐ Bake until dark golden brown and small holes appear throughout, 10 to 12 minutes. Keep oven on.
- ☐ Let cool on tray until starting to firm up, 2 to 3 minutes. While cookies cool, use a paring knife to separate any cookies that have melted together and to shape each into a circle. Working in batches of 3 or 4, carefully peel cookies off paper and lay over a rolling pin.
- ☐ Let cool on pin until completely crisp, about 3 minutes. If cookies firm up before you can shape them, put baking sheet back in oven to warm slightly, about 1 minute.
- ☐ Make ahead: Up to 1 day; store airtight.

Nutrition Facts



Properties

Glycemic Index:8.11, Glycemic Load:2.46, Inflammation Score:-1, Nutrition Score:0.48695651595683%

Nutrients (% of daily need)

Calories: 51.28kcal (2.56%), Fat: 2.51g (3.86%), Saturated Fat: 1.49g (9.29%), Carbohydrates: 7.44g (2.48%), Net Carbohydrates: 7.35g (2.67%), Sugar: 6.42g (7.13%), Cholesterol: 6.1mg (2.03%), Sodium: 15.14mg (0.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.45%), Vitamin A: 70.95IU (1.42%), Manganese: 0.02mg (1.06%), Copper: 0.02mg (1.01%)