

Leaf Cookies

 Dairy Free

READY IN



95 min.

SERVINGS



48

CALORIES



83 kcal

DESSERT

Ingredients

- ☐ 1 cup sugar
- ☐ 0.5 cup butter softened
- ☐ 0.5 cup shortening
- ☐ 1.5 teaspoons vanilla
- ☐ 2 eggs
- ☐ 3 cups flour all-purpose
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 teaspoon salt

- ☐ 1 serving food coloring yellow
- ☐ 1 serving food coloring red
- ☐ 1 serving drop natural food coloring green

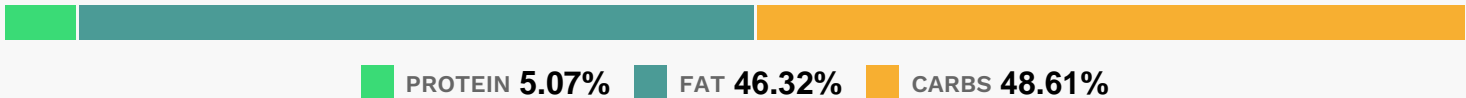
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ cookie cutter

Directions

- ☐ Heat oven to 400°F. Stir together sugar, butter and shortening in large bowl. Stir in vanilla and eggs. Stir in flour, baking soda and salt.
- ☐ Divide dough into 3 equal parts. Stir 8 drops yellow food color into 1 part dough to make yellow dough. Stir 8 drops yellow and 3 drops red food color into another part dough to make orange dough. Stir 10 drops red, 8 drops green and 3 drops yellow food color into remaining dough to make brown dough.
- ☐ Drop small portions of each of the 3 colors of dough close together in random pattern onto lightly floured cloth-covered surface.
- ☐ Roll doughs together into marbled pattern to 1/8-inch thickness.
- ☐ Cut with 2 1/2- to 3-inch leaf-shaped cookie cutter.
- ☐ Place about 2 inches apart on ungreased cookie sheet.
- ☐ Bake 6 to 7 minutes or until no indentation remains when touched in center.
- ☐ Remove from cookie sheet to wire rack. Cool completely, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:3.02, Glycemic Load:7.22, Inflammation Score:-1, Nutrition Score:1.4508695418582%

Nutrients (% of daily need)

Calories: 83.34kcal (4.17%), Fat: 4.3g (6.62%), Saturated Fat: 1g (6.24%), Carbohydrates: 10.16g (3.39%), Net Carbohydrates: 9.95g (3.62%), Sugar: 4.2g (4.67%), Cholesterol: 6.82mg (2.27%), Sodium: 60.82mg (2.64%), Alcohol: 0.04g (100%), Alcohol %: 0.29% (100%), Protein: 1.06g (2.12%), Selenium: 3.24µg (4.62%), Vitamin B1: 0.06mg (4.18%), Folate: 15.18µg (3.8%), Vitamin B2: 0.05mg (2.87%), Manganese: 0.05mg (2.72%), Vitamin B3: 0.46mg (2.32%), Iron: 0.4mg (2.21%), Vitamin A: 94.48IU (1.89%), Vitamin E: 0.23mg (1.52%), Phosphorus: 12.62mg (1.26%), Vitamin K: 1.16µg (1.11%)