



Maple Leaf Cream Wafers

 Vegetarian

READY IN



115 min.

SERVINGS



36

CALORIES



105 kcal

DESSERT

Ingredients

- ☐ 1 cup butter softened
- ☐ 0.3 cup whipping cream
- ☐ 0.5 teaspoon maple extract
- ☐ 2 cups flour all-purpose
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup butter softened
- ☐ 1 cup powdered sugar
- ☐ 0.5 teaspoon maple extract

☐ 3 teaspoons milk

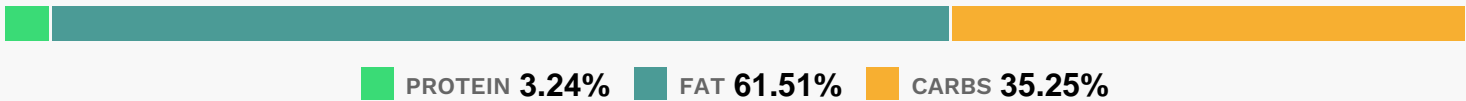
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ cookie cutter

Directions

- ☐ In large bowl, combine 1 cup butter, whipping cream and 1/2 teaspoon maple extract; blend well. Stir in flour until well mixed. Divide dough in half; shape each half into flattened disk. Wrap each in plastic wrap; refrigerate 1 hour for easier handling.
- ☐ Heat oven to 375°F. On lightly floured surface, roll half of dough at a time to 1/8-inch thickness. Keep remaining half of dough refrigerated.
- ☐ Cut dough with 2-inch maple-leaf cookie cutter.
- ☐ Place 1 inch apart on ungreased cookies sheets.
- ☐ Sprinkle with sugar. With fork, prick each cookie 3 or 4 times.
- ☐ Bake at 375°F. for 7 to 10 minutes or until slightly puffed and edges are light golden brown. Cool 1 minute; remove from cookie sheets. Cool 10 minutes or until completely cooled.
- ☐ In small bowl, blend all filling ingredients, adding enough milk for desired spreading consistency; beat until smooth.
- ☐ Spread scant 1 teaspoon filling between 2 cooled cookies.

Nutrition Facts



Properties

Glycemic Index:7.86, Glycemic Load:4.31, Inflammation Score:-2, Nutrition Score:1.3639130393124%

Nutrients (% of daily need)

Calories: 105.07kcal (5.25%), Fat: 7.27g (11.19%), Saturated Fat: 4.58g (28.6%), Carbohydrates: 9.38g (3.13%), Net Carbohydrates: 9.19g (3.34%), Sugar: 4.03g (4.48%), Cholesterol: 19.49mg (6.5%), Sodium: 51.65mg (2.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.72%), Vitamin A: 230.04IU (4.6%), Vitamin B1: 0.06mg (3.71%), Selenium: 2.53µg (3.62%), Folate: 13.03µg (3.26%), Vitamin B2: 0.04mg (2.5%), Manganese: 0.05mg (2.38%), Vitamin B3: 0.42mg (2.08%), Iron: 0.33mg (1.82%), Vitamin E: 0.21mg (1.38%), Phosphorus: 11.09mg (1.11%)