



Melt In Your Mouth Honey Lemon Merry Christmas Cookies



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



60

CALORIES



38 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 eggs
- ☐ 2.8 cups flour all-purpose sifted
- ☐ 0.7 cup honey
- ☐ 1 teaspoon lemon extract
- ☐ 1 teaspoon salt
- ☐ 0.3 cup sugar white

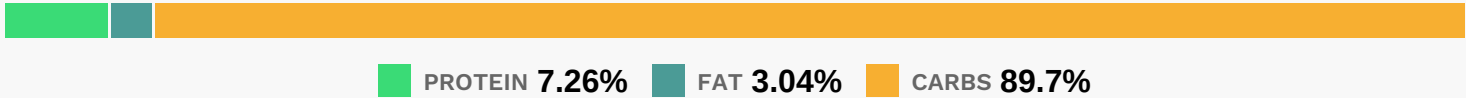
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Mix sugar, egg, honey, and lemon in a medium bowl with mixer. Sift together and stir in flour, soda, and salt. Chill dough for 1 hour.
- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Roll out 1/4 inch dough and cut shapes using flour to roll and cut.
- ☐ Place on greased cookie sheets.
- ☐ Bake for 8–10 minutes. Do not let cookies get brown. Follow by icing with a butter cream icing.
DELICIOUS!!!

Nutrition Facts



Properties

Glycemic Index:3.29, Glycemic Load:5.56, Inflammation Score:-1, Nutrition Score:0.88956521548655%

Nutrients (% of daily need)

Calories: 37.63kcal (1.88%), Fat: 0.13g (0.2%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 8.59g (2.86%), Net Carbohydrates: 8.43g (3.06%), Sugar: 4.22g (4.69%), Cholesterol: 2.73mg (0.91%), Sodium: 58.32mg (2.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.39%), Selenium: 2.2µg (3.15%), Vitamin B1: 0.05mg (3.02%), Folate: 10.9µg (2.73%), Manganese: 0.04mg (2.12%), Vitamin B2: 0.03mg (1.96%), Vitamin B3: 0.34mg (1.72%), Iron: 0.3mg (1.64%)