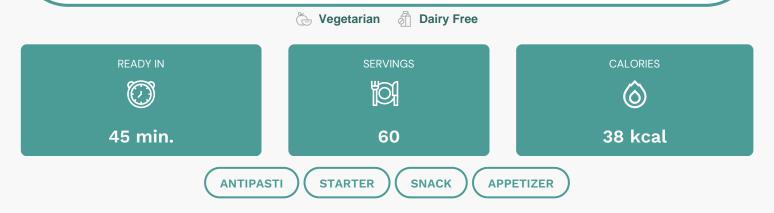


## Melt In Your Mouth Honey Lemon Merry Christmas Cookies



## Ingredients

1 teaspoon baking soda

	0
	1 eggs
	2.8 cups flour all-purpose sifted
	0.7 cup honey
	1 teaspoon lemon extract
	1 teaspoon salt
П	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		
	PROTEIN <b>7.26%</b> FAT <b>3.04%</b> CARBS <b>89.7%</b>	

## **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: Og (100%), Alcohol %: O% (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%)