

STARTER & SNACK

Montecados (Spanish Cookies)

4 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	72	\$0.13	110 kcal



If you want to add more dairy free recipes to your repertoire, Montecados (Spanish Cookies) might be a recipe you should try. One portion of this dish contains around 1g of protein, 7g of fat, and a total of 110 calories. This recipe serves 72 and costs 13 cents per serving. This recipe from Allreci...

Ingredients

- ☐ ½ ounce anise extract
- ☐ 5 cups all-purpose flour
- ☐ 21/3 cups melted shortening
- ☐ 72 blanched almonds
- ☐ ¼ teaspoon ground cinnamon
- ☐ 1¼ cups white sugar

EQUIPMENT Baking sheet, Oven

Method

- 1 Preheat the oven to 250 degrees F(120 degrees C).
- 2 Combine the flour, sugar and cinnamon together.
- 3 Add the melted shortening until all is mixed in well. Stir in the anise and knead for 5 minutes.
- 4 Roll into 1 inch balls and place on an ungreased cookie sheet 2 inches apart.
- 5 Place a blanched almond on top of each cookie and push down slightly.
- 6 Bake at 250 degrees F (120 degrees C) for 30 minutes. You do not want to brown the cookies. They should remain pale.
- 7 Let cookies cool on cookie sheet for 30 minutes.

Nutrition per serving

110	1 g	7 g	10 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1.7 g · 11% of daily needs
Fibre			0.3 g · 1% of daily needs
Sugar			3.5 g · 4% of daily needs
Sodium			0.7 mg · 0% of daily needs
Cholesterol			0 mg · 0% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/montecados-spanish-cookies-147604