

Moravian Crisps with Royal Icing

 Dairy Free

READY IN



45 min.

SERVINGS



40

CALORIES



94 kcal

DESSERT

Ingredients

- ☐ 1.3 teaspoons baking soda
- ☐ 1 pound confectioners sugar
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.8 teaspoon ground cloves
- ☐ 1 teaspoon ground ginger
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup brown sugar light packed

- ☐ 4 teaspoons powdered egg whites such as just whites (not reconstituted)
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup unsulfured molasses (not blackstrap)
- ☐ 1 teaspoon vanilla extract pure
- ☐ 0.3 cup vegetable shortening (trans-fat-free)
- ☐ 0.5 cup water

Equipment

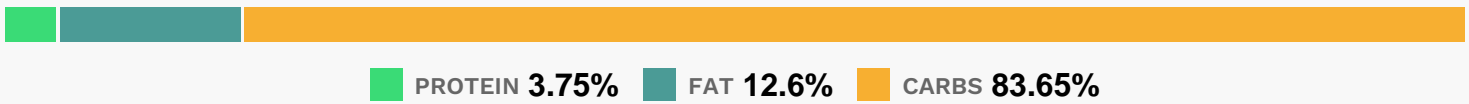
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ hand mixer
- ☐ cookie cutter
- ☐ spatula
- ☐ rolling pin
- ☐ pastry bag
- ☐ offset spatula

Directions

- ☐ Pulse shortening, brown sugar, and molasses in a food processor until smooth. Meanwhile, whisk together flour, baking soda, spices, and salt.
- ☐ Add to processor and blend just until combined.

- ☐ Turn out dough onto a floured surface and knead briefly, allowing dough to absorb a little more flour if sticky. Divide dough in half and form each half into a 3-inch square. Wrap each in plastic wrap and chill at least 1 day.
- ☐ Preheat oven to 325°F with rack in middle. Line 2 large baking sheets with parchment paper.
- ☐ Roll out 1 piece of dough on a floured pastry cloth using floured sleeve-covered rolling pin until very thin (less than 1/16 inch thick), about a 15-inch square.
- ☐ Cut out shapes with cookie cutters and, using offset spatula to transfer, arrange about 1/2 inch apart on baking sheets.
- ☐ Bake cookies, 1 sheet at a time, 10 minutes.
- ☐ Let stand 1 minute on sheet, then loosen with spatula and transfer on parchment to a rack to crisp, about 10 minutes. If first batch isn't crisp, bake 1 minute more (on baking sheet), then bake remaining batches 10 to 11 minutes. Cool cookies completely on rack.
- ☐ Repeat with remaining dough (cool baking sheets and line with fresh parchment). Reroll scraps once for extra cookies if desired.
- ☐ Beat together icing ingredients in a large bowl with an electric mixer at medium speed until just combined, about 1 minute. Increase speed to high and beat until icing holds soft peaks, about 3 minutes more. If desired, divide icing and add food coloring.
- ☐ Fill pastry bags with icing and pipe decoratively on cookies, then let set, about 1 hour.
- ☐ •Dough can be chilled up to 2 weeks. •Cookies (without icing) keep in an airtight container at room temperature 1 month. •Icing can be made 1 day ahead and chilled, its surface covered with a damp paper towel and bowl covered with plastic wrap. Beat with mixer 1 to 2 minutes before using.

Nutrition Facts



Properties

Glycemic Index:3.1, Glycemic Load:3.97, Inflammation Score:-1, Nutrition Score:1.5860869668262%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 94.33kcal (4.72%), Fat: 1.34g (2.06%), Saturated Fat: 0.33g (2.07%), Carbohydrates: 20.02g (6.67%), Net Carbohydrates: 19.84g (7.22%), Sugar: 16.08g (17.87%), Cholesterol: 0mg (0%), Sodium: 57.77mg (2.51%), Alcohol: 0.03g (100%), Alcohol %: 0.16% (100%), Protein: 0.9g (1.79%), Manganese: 0.15mg (7.32%), Selenium: 3.08µg (4.4%), Magnesium: 12.12mg (3.03%), Vitamin B1: 0.04mg (2.6%), Iron: 0.46mg (2.54%), Vitamin B2: 0.04mg (2.25%), Potassium: 76.52mg (2.19%), Folate: 8.78µg (2.19%), Vitamin B3: 0.33mg (1.65%), Vitamin B6: 0.03mg (1.6%), Copper: 0.03mg (1.53%), Calcium: 12.22mg (1.22%)