



Pop Art Cookie Pops

 Dairy Free

READY IN



65 min.

SERVINGS



12

CALORIES



451 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 12 celery stalks with rounded ends
- ☐ 1 eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 12 servings purple gel food coloring (in desired colors)
- ☐ 1 lb fluffy frosting white (any variety)
- ☐ 12 servings m&m candies assorted
- ☐ 1 pouch sugar cookie mix (1 lb 1.5 oz)

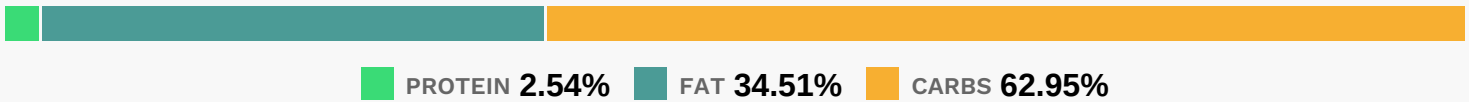
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ cookie cutter
- ☐ ziploc bags

Directions

- ☐ Heat oven to 375F. In medium bowl, stir cookie mix, butter, flour and egg until dough forms.
- ☐ Roll dough on floured surface until about 1/4 inch thick.
- ☐ Cut with 3-inch round cookie cutter.
- ☐ Place 2 inches apart on ungreased cookie sheet. Carefully insert a wooden stick into side of each cookie.
- ☐ Bake 9 to 11 minutes or until edges are light golden brown. Cool 1 minute before removing from cookie sheet. Cool completely, about 30 minutes.
- ☐ Divide frosting among 4 small bowls. Tint frosting in 3 of the bowls with different color of food color. Reserve some of the tinted frostings for piping on designs. Frost cookies with remaining white and tinted frostings. For piping, place each tinted frosting in small resealable food-storage plastic bag; snip off tiny corner of bag. Pipe frostings on cookies in desired designs. Decorate with candy decorations.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:11.74, Inflammation Score:-2, Nutrition Score:2.2556521607482%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 451.39kcal (22.57%), Fat: 17.3g (26.62%), Saturated Fat: 4.46g (27.9%), Carbohydrates: 71.02g (23.67%), Net Carbohydrates: 70.51g (25.64%), Sugar: 52.48g (58.31%), Cholesterol: 15.89mg (5.3%), Sodium: 265.73mg (11.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.74%), Vitamin B2: 0.16mg (9.16%), Vitamin A: 296.91IU (5.94%), Vitamin K: 6.1µg (5.81%), Vitamin E: 0.82mg (5.49%), Folate: 15.15µg (3.79%), Iron: 0.52mg (2.91%), Vitamin B1: 0.04mg (2.76%), Calcium: 24.27mg (2.43%), Selenium: 1.6µg (2.29%), Fiber: 0.5g (2.01%), Phosphorus: 17.82mg (1.78%), Vitamin B3: 0.34mg (1.7%)