



Shortbread Christmas Cookies

 Vegetarian

READY IN



75 min.

SERVINGS



36

CALORIES



148 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 1.5 cups butter cold
- ☐ 2 cups confectioners' sugar
- ☐ 3 cups flour all-purpose
- ☐ 2 teaspoons milk
- ☐ 0.5 teaspoon rum extract
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons water cold

- ☐ 0.8 cup sugar white
- ☐ 1 drop to desired shade
- ☐ 1 tablespoon as desired
- ☐ 1 tablespoon as desired

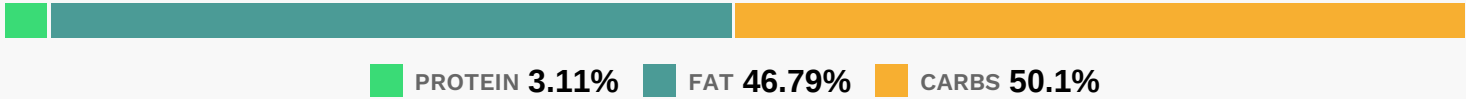
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ cookie cutter
- ☐ pastry cutter

Directions

- ☐ Whisk together flour, sugar, and salt in a large bowl; with a pastry cutter, chop in the butter until the mixture resembles coarse crumbs. Stir the rum extract and almond extract into the water in a small bowl.
- ☐ Mix into the dry ingredients, a little bit at a time, until the mixture holds together in a ball when you squeeze it.
- ☐ Place the dough onto a floured work surface, and sprinkle with flour; roll out into a sheet 1/4 inch thick.
- ☐ Cut into shapes with floured cookie cutters, and place 1 inch apart on ungreased baking sheets. Cover with a layer of plastic wrap, and refrigerate for 30 minutes.
- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Bake the cookies just until the edges are lightly browned, 15 to 18 minutes. Allow to cool on sheets for 2 minutes before removing to wire racks to finish cooling. Cool completely before decorating.
- ☐ For frosting, whisk the confectioners' sugar and milk in a bowl until smooth. If desired, divide frosting into small bowls, and tint each bowl a desired shade with food coloring. Frost fully cooled cookies, and sprinkle with edible glitter before the frosting sets.

Nutrition Facts



Properties

Glycemic Index:6.47, Glycemic Load:8.67, Inflammation Score:-2, Nutrition Score:1.8152173765652%

Nutrients (% of daily need)

Calories: 148.03kcal (7.4%), Fat: 7.8g (11.99%), Saturated Fat: 4.88g (30.52%), Carbohydrates: 18.78g (6.26%), Net Carbohydrates: 18.5g (6.73%), Sugar: 10.73g (11.93%), Cholesterol: 20.37mg (6.79%), Sodium: 77.5mg (3.37%), Alcohol: 0.02g (100%), Alcohol %: 0.08% (100%), Protein: 1.17g (2.33%), Vitamin B1: 0.08mg (5.49%), Selenium: 3.7µg (5.28%), Folate: 19.35µg (4.84%), Vitamin A: 236.81IU (4.74%), Manganese: 0.07mg (3.58%), Vitamin B2: 0.06mg (3.36%), Vitamin B3: 0.62mg (3.1%), Iron: 0.49mg (2.73%), Vitamin E: 0.23mg (1.51%), Phosphorus: 13.8mg (1.38%), Fiber: 0.28g (1.13%)