

DESSERT

Spritz Cookies IV

15 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	48	\$0.11	78 kcal



Spritz Cookies IV is a Southern recipe that serves 48. One serving contains 78 calories, 1g of protein, and 4g of fat. For 11 cents per serving, this recipe covers 1% of your daily requirements of vitamins and minerals. 34 people found this recipe to be scrumptious and satisfying.

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 1 cup butter
- ☐ 3 egg yolks
- ☐ ¾ cup white sugar
- ☐ ½ teaspoon baking powder
- ☐ 3 cups cake flour
- ☐ ¼ teaspoon salt

EQUIPMENT Bowl, Baking sheet, Oven

Method

- 1 Preheat oven to 400 degrees F (205 degrees C).
- 2 Cream together the butter and the sugar.
- 3 Add the 3 beaten egg yolks and one teaspoon of almond extract.
- 4 Mix until well blended.
- 5 In a separate bowl, mix together the flour, baking powder and salt. Gradually sift into the butter mixture and stir well.
- 6 Chill until firm (2 - 3 hours).
- 7 Using a cookie press, press out cookies onto a cookie sheet.
- 8 Bake for 10 minutes.

Nutrition per serving

78	1 g	4 g	9 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			2.6 g · 16% of daily needs
Sugar			3.2 g · 4% of daily needs
Sodium			47.7 mg · 2% of daily needs
Cholesterol			22.3 mg · 7% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/spritz-cookies-iv-142701