



Stained Glass Heart Cookies

 Dairy Free

READY IN



60 min.

SERVINGS



22

CALORIES



89 kcal

DESSERT

Ingredients

- ☐ 5 strawberry jam flavored
- ☐ 17.5 oz sugar cookie mix
- ☐ 1 serving basic cookie mix for on cookie mix pouch for cutout cookies

Equipment

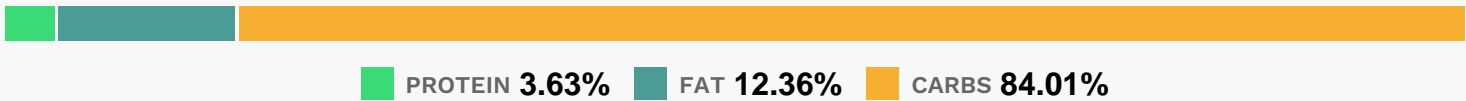
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

☐ cookie cutter

Directions

- ☐ Unroll and remove paper from Betty Crocker Fruit
- ☐ Roll-Ups snacks. Using 1 1/2-inch heart-shaped cookie cutter, cut out 66 small heart shapes.
- ☐ Heat oven to 375°F. Spray cookie sheet with cooking spray, or line with cooking parchment paper.
- ☐ In medium bowl, mix cookie mix, flour, butter and egg until soft dough forms. On lightly floured surface, roll dough 1/4 inch thick. Using 3-inch heart-shaped cookie cutter, cut out 22 large heart shapes. Using 1 1/2-inch heart-shaped cookie cutter, cut center out of each large heart.
- ☐ Place the 22 small heart-shaped cookies on cookie sheet.
- ☐ Brush cookies lightly with water.
- ☐ Place 1 heart-shaped fruit snack cutout on each small cookie.
- ☐ Use small amount of water to "glue" 2 heart-shaped fruit snack cutouts together to make a double layer.
- ☐ Place on cookie sheet.
- ☐ Place large heart-shaped cookie with center removed on top of double layer of fruit snack hearts. Repeat with remaining fruit snacks and large heart cookies.
- ☐ Bake 7 to 9 minutes or until edges are light golden brown. Cool completely.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.08, Inflammation Score:1, Nutrition Score:0.14130435025562%

Nutrients (% of daily need)

Calories: 89.43kcal (4.47%), Fat: 1.22g (1.88%), Saturated Fat: 0g (0%), Carbohydrates: 18.71g (6.24%), Net Carbohydrates: 18.7g (6.8%), Sugar: 10.6g (11.77%), Cholesterol: 0mg (0%), Sodium: 64.55mg (2.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.62%)