



## Sugar Cookies



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



20

CALORIES



42 kcal

DESSERT

## Ingredients

- ☐ 0.5 tsp almond extract
- ☐ 1 tsp double-acting baking powder
- ☐ 1 ener-g-egg prepared
- ☐ 0.8 cup sugar raw
- ☐ 0.3 tsp salt
- ☐ 1 tsp vanilla extract
- ☐ 5 tbsp vegan cream cheese

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ hand mixer
- ☐ cookie cutter

## Directions

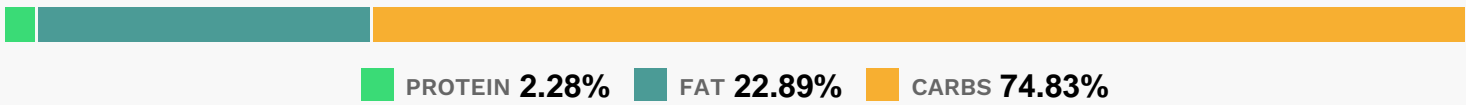
- ☐ Using an electric mixer on the highest speed, whip Tofutti cream cheese and sugar until creamy.
- ☐ Add prepared "egg" and vanilla and mix well. In another bowl, whisk flour, baking powder and salt together.
- ☐ Add flour mixture to wet mixture in 3 to 4 batches, mixing as you go until a dough forms. (The dough may seem crumbly at first, but that is okay). Using your hands, mold dough into a ball. Wrap the ball in plastic wrap and refrigerate for at least two hours. Preheat oven to 350 F. Grease cookie sheet or line with parchment paper and set aside. Lightly flour a flat surface and roll dough out to 1/4 or 1/8" thickness.
- ☐ Cut shapes using floured cookie cutters. Toss cutouts back and forth between your hands to remove excess flour (essential!).
- ☐ Place cookies on cookie sheet and bake 5 to 9 minutes or until edges are slightly golden but be careful not to burn underneath. While cookies are baking, combine scraps together and roll out another dough and cut cookies. Once cookies are baked, transfer to a wire rack and allow to cool before icing. To make icing, combine confectioners sugar with a splash of non-dairy milk and food coloring until it forms a thin paste.

- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ 90g

Carbohydrate

70gDietary Fiber NA Sugars7.50gProtein0.20g

Nutrition Facts



Properties

Glycemic Index:4.6, Glycemic Load:0.06, Inflammation Score:1, Nutrition Score:0.18652173755286%

Nutrients (% of daily need)

Calories: 42.02kcal (2.1%), Fat: 1.09g (1.67%), Saturated Fat: 0.36g (2.27%), Carbohydrates: 8g (2.67%), Net Carbohydrates: 7.76g (2.82%), Sugar: 7.6g (8.44%), Cholesterol: 0mg (0%), Sodium: 68.28mg (2.97%), Alcohol: 0.11g (100%), Alcohol %: 1.15% (100%), Protein: 0.24g (0.49%), Calcium: 18.14mg (1.81%)