



Tea-and-Honey Crisps

 Vegetarian

READY IN



300 min.

SERVINGS



72

CALORIES



28 kcal

DESSERT

Ingredients

- ☐ 1 cup confectioners sugar
- ☐ 2 large egg whites
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup mild honey
- ☐ 2.3 teaspoons decaffeinated earl grey tea leaves (from 2 to 3 tea bags)
- ☐ 0.5 cup butter unsalted softened

Equipment

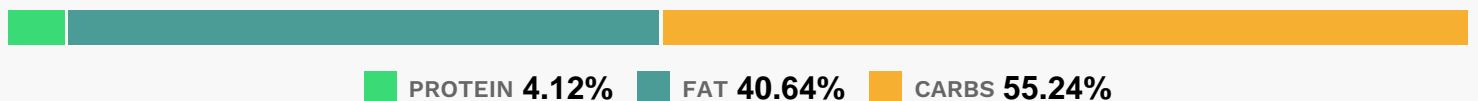
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ wooden spoon
- ☐ spatula
- ☐ rolling pin

Directions

- ☐ Draw desired shape of cookie on a Styrofoam plate, then cut out shape with X-Acto knife and discard shape. If desired, cut out additional shapes from same plate. Trim plate, leaving a 1-inch border around stencil(s). Make more stencils with more plates if desired.
- ☐ Put oven rack in middle position and preheat oven to 350°F. Line a large baking sheet with nonstick liner.
- ☐ Beat together butter, confectioners sugar, honey, and tea leaves in a large bowl with an electric mixer at medium speed until combined well.
- ☐ Add egg whites 1 at a time, beating well after each addition. Reduce speed to low, then mix in flour until just combined.
- ☐ Place stencil on liner and spread batter with spatula over stencil to completely cover opening. Carefully lift stencil from liner and stencil more cookies in same manner about 1 inch apart.
- ☐ Bake until edges are deep golden brown, 6 to 9 minutes. Cool cookies 1 minute on sheet, then transfer with spatula to a rack to cool completely. (To curl cookies, drape while hot over handles of wooden spoons or rolling pins to cool.) Stencil and bake more cookies with remaining batter.
- ☐ •If using loose tea, finely crush before measuring. •Cookies keep in an airtight container at room temperature 1 week.

Nutrition Facts



Properties

Glycemic Index:1.77, Glycemic Load:1.46, Inflammation Score:-1, Nutrition Score:0.34956521678554%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg
Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg
Thearubigins: 0.13mg, Thearubigins: 0.13mg, Thearubigins: 0.13mg, Thearubigins: 0.13mg

Nutrients (% of daily need)

Calories: 28.16kcal (1.41%), Fat: 1.3g (2%), Saturated Fat: 0.81g (5.08%), Carbohydrates: 3.97g (1.32%), Net Carbohydrates: 3.92g (1.42%), Sugar: 2.61g (2.9%), Cholesterol: 3.39mg (1.13%), Sodium: 1.81mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.59%), Selenium: 0.81µg (1.15%)