



Vegan Sugar Cookies

 Dairy Free

READY IN



30 min.

SERVINGS



36

CALORIES



268 kcal

DESSERT

Ingredients

- ☐ 0.3 cup vanilla almond plus almondmilk
- ☐ 0.5 teaspoon almond extract
- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 tablespoons canola oil
- ☐ 4 teaspoons plus light
- ☐ 0.3 teaspoon cream of tartar
- ☐ 0.3 cup dairy-free cream cheese alternative (such as Tofutti – see note in post above)
- ☐ 1 cup dairy-free margarine

- ☐ 6 teaspoons so delicious dairy free original almond plus almondmilk
- ☐ 3.8 cup flour all-purpose
- ☐ 36 servings perfect icing (see recipe below)
- ☐ 2 cups powdered confectioners' sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white
- ☐ 36 servings food coloring mixed dark yellow assorted for a brown (I used tumeric to make my icing and set some aside and in cocoa powder)

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ cookie cutter

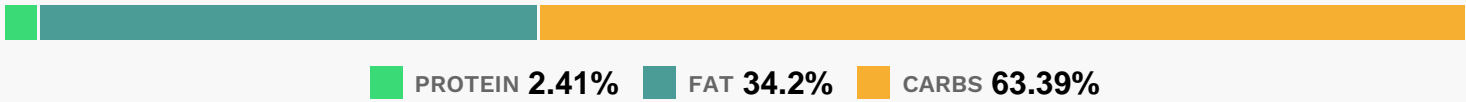
Directions

- ☐ In a large bowl, cream together the margarine and sugar. Stir in the So Delicious Almond Milk, canola oil, and vanilla. Gradually add the flour, baking powder, cream of tartar, and cream cheese alternative. You may have to use your hands at this point to finish the mixing. Form the dough into a long loaf and wrap in cellophane. Refrigerate for a couple hours. Preheat the oven to 350°F (175°C). Grease the cookie sheets or use a non-stick foil. On a lightly floured surface (we taped down a sheet of non-stick foil to our countertop instead), roll out the dough to 1/4-inch thickness.
- ☐ Cut into desired shapes with cookie cutters.
- ☐ Place about 1 inch apart cookie on sheets.
- ☐ Bake for 12 to 14 minutes or until the bottoms and edges just start to get light brown.
- ☐ Remove from baking sheet and cool on wire racks. Once cool, ice with Perfect Icing and decorate as desired. Store in an airtight container. In medium bowl, stir together the confectioners' sugar and So Delicious Almond milk until smooth. Beat in corn syrup and almond extract until icing is smooth and glossy. If icing is too thick, add more corn syrup.

☐

Add food coloring to desired intensity. Dip cookies and allow to dry overnight.

Nutrition Facts



Properties

Glycemic Index:9.51, Glycemic Load:19.48, Inflammation Score:-3, Nutrition Score:3.6452173817417%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 267.65kcal (13.38%), Fat: 10.2g (15.69%), Saturated Fat: 2.05g (12.82%), Carbohydrates: 42.53g (14.18%), Net Carbohydrates: 42.02g (15.28%), Sugar: 30.71g (34.12%), Cholesterol: 0mg (0%), Sodium: 125mg (5.43%), Alcohol: 0.06g (100%), Alcohol %: 0.11% (100%), Protein: 1.62g (3.23%), Vitamin E: 2.06mg (13.74%), Vitamin B2: 0.16mg (9.67%), Vitamin K: 7.72µg (7.35%), Vitamin B1: 0.11mg (7.22%), Folate: 26.77µg (6.69%), Selenium: 4.58µg (6.55%), Manganese: 0.11mg (5.62%), Vitamin A: 243.03IU (4.86%), Vitamin B3: 0.89mg (4.47%), Iron: 0.73mg (4.07%), Phosphorus: 29.01mg (2.9%), Calcium: 20.53mg (2.05%), Fiber: 0.51g (2.03%), Copper: 0.03mg (1.55%), Magnesium: 5.92mg (1.48%), Potassium: 37.65mg (1.08%)