

Waves-of-Fun Cookie

airy Free

READY IN

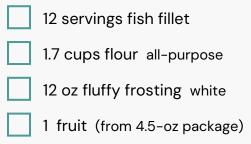
1460 min.





Ingredients

0.5 cup butter softened
0.7 oz decorating gel blue
1 eggs



8 graham flour bear-shaped

2 sticks xantham gum

	4 small xantham gum	
	1 piece twist and ends together to make a rough knob. cover red	
	0.8 cup sugar	
	0.5 teaspoon vanilla	
	2 vanilla wafers	
	4 pumpkin candies and gummy worms	
Equipment		
	bowl	
	frying pan	
	oven	
	wire rack	
	pizza pan	
Directions		
	Heat oven to 375°F. In large bowl, beat sugar, butter, vanilla and egg with spoon until smooth. Stir in flour. Pat dough in ungreased 12-inch pizza pan.	
	Bake 8 to 10 minutes or until set and edge is light golden brown. Cool completely in pan on wire rack, about 45 minutes.	
	Spread frosting on cookie. Squeeze decorating gel randomly in about 16 spots on frosting. Pull fork through gel to make wave designs.	
	Place licorice on waves for "rope."	
	Cut fruit roll into triangles; place by licorice for "flags."	
	Place gummy rings candy on waves for inner tubes.	
	Roll up end of gum sticks for "inflatable floats;" place on waves.	
	Place cookies on waves for "rafts."	
	Add graham snacks for "people."	
	Add gum balls for "beach balls."	
	Add gummy sharks candy.	

Nutrition Facts

PROTEIN 3.58% FAT 33.53% CARBS 62.89%

Properties

Glycemic Index:22.09, Glycemic Load:27.14, Inflammation Score:-4, Nutrition Score:4.632173952849%

Nutrients (% of daily need)

Calories: 345.68kcal (17.28%), Fat: 13.01g (20.01%), Saturated Fat: 2.63g (16.44%), Carbohydrates: 54.89g (18.3%), Net Carbohydrates: 53.29g (19.38%), Sugar: 36.49g (40.54%), Cholesterol: 14.15mg (4.72%), Sodium: 155.03mg (6.74%), Alcohol: 0.06g (100%), Alcohol %: 0.06% (100%), Protein: 3.12g (6.24%), Vitamin B2: 0.21mg (12.12%), Selenium: 7.53µg (10.76%), Vitamin B1: 0.15mg (10.04%), Vitamin A: 471.37IU (9.43%), Folate: 37.73µg (9.43%), Manganese: 0.13mg (6.54%), Vitamin B3: 1.3mg (6.53%), Fiber: 1.59g (6.38%), Iron: 1.08mg (6%), Vitamin K: 5.49µg (5.23%), Vitamin E: 0.78mg (5.2%), Phosphorus: 39.92mg (3.99%), Copper: 0.06mg (2.88%), Potassium: 74.98mg (2.14%), Vitamin B5: 0.18mg (1.76%), Magnesium: 6.99mg (1.75%), Zinc: 0.23mg (1.51%), Vitamin B6: 0.02mg (1.12%), Calcium: 10.46mg (1.05%), Vitamin C: 0.84mg (1.02%)