



Waves-of-Fun Cookie

 Dairy Free

READY IN



1460 min.

SERVINGS



12

CALORIES



346 kcal

Ingredients

- 0.5 cup butter softened
- 0.7 oz decorating gel blue
- 1 eggs
- 12 servings fish fillet
- 1.7 cups flour all-purpose
- 12 oz fluffy frosting white
- 1 fruit (from 4.5-oz package)
- 8 graham flour bear-shaped
- 2 sticks xanthan gum

- 4 small xanthan 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%)