



Whole Wheat Sugar Cookies

36 Servings • 1 Serving = 1 Cookie

Adapted from Pillsbury.com

INGREDIENTS

- ½ cup sugar plus 2 Tablespoons, divided
- ½ cup unsalted butter, softened
- Zest from 1 orange
- 1 teaspoon vanilla
- 1 egg
- 1 ¾ cups whole wheat flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ teaspoon nutmeg
- ½ teaspoon ground cinnamon

DIRECTIONS

1. In a large bowl, combine ½ cup sugar and butter. Beat until light and fluffy. Add orange zest, vanilla, and egg. Blend well. Add flour, baking powder, baking soda, salt, and nutmeg. Mix well, then cover with plastic wrap and refrigerate for 30 minutes.
2. Heat oven to 375°F. In a small bowl, combine the remaining sugar and cinnamon. Shape dough into 1" balls and roll in sugar-cinnamon mixture. Place 2 inches apart on ungreased cookie sheets.
3. Bake for 7-10 minutes or until light golden brown. Cool 1 minute and then remove from the cookie sheets.

Nutrition Facts

36 servings per container
Serving size 1 cookie

Amount per serving

Calories **60**

% Daily Value*

Total Fat 3g 4%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 50mg 2%

Total Carbohydrate 8g 3%

Dietary Fiber 1g 4%

Total Sugars 3g

Includes 3g Added Sugars 6%

Protein 1g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0mg 0%

Potassium 38mg 0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Developed by The Children's Hospital of San Antonio

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