

# HEALTHY SUGAR COOKIES!

For the cookies, you need:

1 & 1/2 cup Flour: regular all-purpose, whole wheat, or gluten-free variety

1/2 cup Butter: you can use regular butter or a plant-based butter such as Earth Balance or Miyoko's.

1/2 cup Sugar

1 tsp vanilla extract

1/2 tsp baking soda

1/4 tsp salt

2-3 tbsp Milk: regular or plant-based

For the icing, you need:

2 cups Powdered Sugar

1-3 tbsp milk

Sprinkles or smashed candy canes for decorating (optional)

Food Dye (regular or all natural)



## Instructions:

- Whisk together the flour (whichever type you prefer), baking soda and salt.
- Whip: whip the butter and sugar together for 2 whole minutes. Then add in the vanilla extract until combined.
- Add Flour: Slowly add the flour into the butter mixture until you have a dough ball.
- Roll Out: Flour the counter (making sure it's clean first) and roll out half of the dough ball, adding in a sprinkle of flour if needed.
- Bake: cut out any style of shapes you prefer and bake for 8-10 minutes. You will know they are done when they are just brown on the edges and you think they might need another minute or two.. resist! They are done. You will let them sit on the hot baking sheet for another minute and they will be perfect.
- Icing: Now it's time to mix up the powdered sugar, vanilla and milk for the icing. Spoon it into several different bowls and stir in some food coloring.
- Decorate: Once the cookies are completely cool, decorate the cookies with icing and sprinkles.
- Eat: Sample a few cookies and then let the rest sit on the counter until the icing is firm

Recipe from: Baby Foodie: Adventurous Food for Babies and Toddlers