

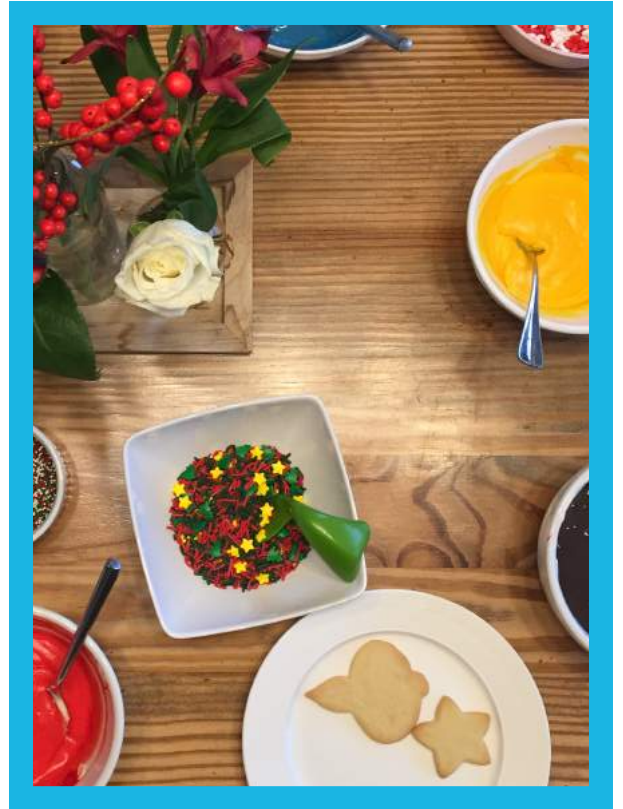
# kizingo® EATS

## Frosted Sugar Cookies

It is that time of year when sugar is everywhere. Fruit cakes, peppermint bark, candy canes, chocolate gold coins, figgy pudding, and hot chocolate. Gingerbread houses, Linzer cookies, peanut butter blossoms, and pecan snowballs.

As a parent trying to help my kids make healthy choices about how much sugar they eat and balancing sweet foods with those that provide a balance nutritional profile, this time of year presents a real challenge.

But rather than avoiding those delicious desserts altogether, I've worked to build tradition around them.



### INGREDIENTS

#### Cookies

- 1 1/2 cups powdered sugar
- 1 cup butter, softened
- 1 tsp vanilla
- 1/2 tsp almond extract
- 1 egg
- 2 1/2 cups all-purpose flour
- 1 tsp baking soda
- 1 tsp cream of tartar

#### Frosting

- 3 cups powdered sugar
- 3 to 5 TBS milk
- 1/4 tsp vanilla
- Food colors, if desired
- Colored sugar or candy sprinkles, if desired

### DIRECTIONS

In the bowl of a stand mixer, beat 1 1/2 cups powdered sugar, softened butter, 1 teaspoon vanilla, almond extract and egg on medium speed (or mix with spoon) until well blended. Stir in flour, baking soda, and cream of tartar.

Divide dough in half and shape into 2 disks. Wrap tightly in plastic wrap. Cover and refrigerate at least 2 hours.

Heat oven to 325°.

Roll each disk on lightly floured surface until 1/4 - 1/2 inch thick. Cut into desired shapes. On ungreased cookie sheets, place cutouts at least 2 inches apart. Bake for 8-10 minutes or until the edges begin to brown. Cool for 1 minute on the pan, then transition to a cooling rack.

In medium bowl, beat 3 cups powdered sugar, 3 tablespoons milk and 1/4 teaspoon vanilla with spoon until smooth and spreadable (electric mixers work well!) If frosting is too stiff to spread, add additional milk, 1 teaspoon at a time. Tint with food color as desired. Spread frosting on cooled cookies and decorate with colored sugar or candy sprinkles.

Store covered in airtight container at room temperature with waxed paper between layers.



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