

Soft Sugar Cookies

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Spread margarine, 60% vegetable oil*	8 oz	1 cup	1 lb	2 cups	<ol style="list-style-type: none"> Preheat conventional oven to 375° F or convection oven to 350° F. Line pans with parchment paper OR leave baking sheets ungreased. In mixing bowl, beat margarine and granulated sugar until light and fluffy, about 3 minutes. Beat in egg and vanilla, scraping sides of bowl occasionally, until blended. In a separate bowl, whisk flours, baking powder, and salt to blend thoroughly. Combine dry ingredients with wet mixture just until blended (Do not over beat). Scoop and shape 1½ Tablespoons of dough into balls. Space 3" apart on ungreased baking sheets. Gently press into 2 ½-inch circles. <i>For heart-shaped cookies:</i> pinch bottom of circle to form point of heart; gently indent dough in center on top of circle to finish the heart shape. Bake in preheated oven for 12-14 minutes or until edges are lightly golden. Cool baking sheet 2 minutes on wire cooling rack. Remove cookies from baking sheet and cool completely.
Sugar, granulated	7.5 oz	1 cup	15 oz	2 cups	
Egg, whole, large	1.75 oz	1 each	3.5 oz	2 each	
Vanilla extract		2 tsp		1 Tbsp + 1 tsp	
Flour, whole wheat**	8.5 oz	2 cups	1 lb 1 oz	4 cups	
Flour, enriched, all-purpose, unbleached	3 oz	⅔ cup	5.75 oz	1 ⅓ cups	
Baking powder		1 ½ tsp		1 Tbsp	
Table salt		¼ tsp		½ tsp	
<i>Optional:</i> Sugar, powdered	3 oz	¾ cup	6 oz	1 ½ cups	
Lemonade, prepared, pink		3-4 tsp	1 oz	2-3 Tbsp	
Food Coloring of choice		Several drops (to desired color)		Several drops (to desired color)	
					<i>Optional decoration:</i> <ol style="list-style-type: none"> Mix powdered sugar with pink lemonade (could also use hot water, coffee, milk, or maple syrup) and tint with food coloring, if desired. Once cool, drizzle across cookies and let set before serving.

*May use spread margarine stick or tub, but must be 60% vegetable oil

**Recipe is best prepared with fine, whole white wheat flour

Soft Sugar Cookies, cont.

Serving Size – 1 cookie (1.3 oz/38 grams)

Credits as 0.75 oz eq Grains in the School Nutrition Programs

Provides 10 grams whole grain per serving

Nutrition Facts

Serving Size (38g)
Servings Per Container

Amount Per Serving

Calories 160 Calories from Fat 50

% Daily Value*

Total Fat 6g 9%

 Saturated Fat 0.5g 3%

 Trans Fat 0g

Cholesterol 10mg 3%

Sodium 135mg 6%

Total Carbohydrate 23g 8%

 Dietary Fiber 1g 4%

 Sugars 12g

Protein 2g

Vitamin A 6% • Vitamin C 0%

Calcium 0% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300 mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients by weight:

Whole wheat flour, margarine (*trans* fat free), granulated sugar, *powdered sugar*, enriched all-purpose flour, egg, *lemonade*, vanilla, baking powder, salt

Optional recipe ingredients are included in italics



Nutrient analysis generated using Food Processor Nutrition Analysis Software, ESHA Research

Recipe Source: www.countrycrock.com, Country Crock Sugar Cookies

Adapted and tested by Sharon Davis, Family and Consumer Sciences Education, Home Baking Association

