

Mummy Sugar Cookies

These cookies make a great Halloween treat! They are lower in sugar than your average cookie but are still delicious!



Makes 20 Servings
1 serving = 1 cookie

Ingredients

For the Cookies

- 1 cup white whole wheat flour (you can also use regular Whole Wheat Flour or AP Flour)
- 1/4 cup granulated sugar
- 1/2 teaspoon baking powder
- 4 Tablespoons Unsalted Butter, softened at room temperature
- 3 Tablespoons milk, or non-dairy milk
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon kosher salt

For the Icing

- 1/4 cup powdered sugar
- 1-2 tablespoons milk, or non-dairy milk

Optional: Edible googly eyes (see separate recipe)

Directions

1. Add all of the cookie ingredients to a bowl and mix to combine. You can do this in a stand mixer with the paddle attachment, or you can use your hands. This should form a smooth dough. If it's too crumbly you can add more milk 1 teaspoon at a time until it comes together.
3. Flatten the dough into a square disk and place in an airtight container or wrap in plastic wrap.
4. Refrigerate the dough for at least 30 minutes. Preheat the oven to 375°F.
5. Unwrap the dough and evenly flour both sides of the disk.
6. Roll the dough to 1/4 inch thick. Check as you go to make sure it is not sticking to the counter.
7. Use a knife or a pizza cutter to cut the dough into rectangles about 2 inches tall and 1 inch wide.
8. Place on a baking sheet lined with parchment paper and bake for 7-9 minutes, until lightly brown at the edges. Transfer to a wire rack to cool completely.

To make the Icing and Decorate

1. Whisk together the powdered sugar and milk until smooth. You want the icing to be thick so that the lines of the mummy 'wrappings' don't melt together.
2. Transfer the icing to a piping bag or thick zipper top bag with a round or flat piping tip. If using a zipper top bag you may also simply cut a small hole in a corner of the bag.
3. Pipe criss-crossing lines across the cookies to form the wrappings of the mummies. Use the icing to 'glue' two googly eyes onto each mummy cookie. Enjoy!

Nutrition Facts		Amount Per Serving	
	Total Fat	2.5 g	Total Carbohydrates 12 g
20 Serving	Saturated Fat	1.5 g	Fiber <1 g
Serving Size	Trans Fat	0 g	Total Sugars 7 g
1 cookie with icing	Cholesterol	5 g	Added Sugars 7 g
Calories Per Serving	Sodium	25 mg	Protein <1 g
80	Vitamin D	0 %	Calcium 0 %
	Iron	0 %	Potassium 30 mg

*Nutrition information is approximate and can vary based on factors such as precision of measurements, brands, ingredient freshness, or the source of nutrition data.