

## Holiday Sugar Cookies\*

**15% calorie reduction from traditional recipe**  
**32% carbohydrate reduction from traditional recipe**

**Number of Servings: 21**

Serving Size: 2 Cookies

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<b>Ingredients</b>	<b>Measure</b>	<b>Weight</b>	<b>Nutrition Information</b>	
			<b>Amount per serving</b>	
stick butter, softened	1/2 cup	---	Calories	87
Equal Sugar Lite	1 cup	---	Calories From	
egg	1 med.	---	Fat	
vanilla	1 tsp	---	Total Fat	4 g
all-purpose flour	1 1/3 cups	---	Saturated Fat	1 g
baking powder	3/4 tsp	---	Cholesterol	21 mg
salt	1/4 tsp	---	Sodium	50 mg
Sugar Free Fruit Flavored Gelatin	1 pkg	---	Total Carbohydrate	10 g
			Dietary Fiber	g
			Sugars	2 g
			Protein	1 g

### Preparation Instructions

1. Beat butter and Equal® Sugar Lite™ in medium-sized bowl on medium speed of mixer until well combined. Mix in egg and vanilla until blended. Add combined flour, baking powder and salt. Mix until blended.
2. Drop dough by rounded teaspoons onto cookie sheets sprayed with non-stick cooking spray. Flatten slightly using a spoon. Sprinkle with sugar-free fruit flavored gelatin.
3. Bake in preheated 350 degrees F oven 10 to 12 minutes. Remove from cookie sheet and cool completely on wire rack. Store in tightly covered container at room temperature.

### Variation Instructions:

For rolled sugar cookies, wrap dough in plastic wrap and refrigerate several hours or overnight. Work with half of the dough at a time; keep remaining dough in refrigerator. Roll on lightly floured surface to 1/4-inch thickness. Cut with desired cookie cutters. Sprinkle with sugar-free gelatin. Bake in preheated 350 degrees F oven 8 to 10 minutes. Proceed as recipe directs.

\* From the American Diabetes Association website.