

Sugar Cookies using VK Multi-Purpose Flour Blend

Yield: 36 cookies (using large round cutter)

330 g	Multi-purpose flour blend	2 3/4 cup
15 ml	baking powder	1 Tbsp
2.5 ml	cinnamon	1/2 tsp
120 g	butter	1/2 cup
260 g	white granulated sugar	1 1/4 cup
5 ml	vanilla	1 tsp
1	large egg	1



Per cookie: 90 calories, 4 g fat, 2 g saturated fat, 5 mg cholesterol, 50 mg sodium, 13 g carbohydrate, 1 g fiber, 7 g sugar, 1 g protein

1. Line 2 baking sheets with parchment paper. You can lightly spray the sheets to help hold the paper in place.
2. Pre-heat the oven to 325°F.
3. Stir together the flour blend, baking powder and cinnamon.
4. Cream the butter and sugar until light and fluffy. Blend in the vanilla. Add the egg and beat until fluffy.
5. Gradually add the flour blend and beat until just combined.
6. Knead the dough into a ball, wrap in plastic wrap and refrigerate 5 to 10 minutes to chill.
7. Lightly flour the counter and roll the dough to about 1/2 cm (1/4 inch) thick.
8. Cut with a small decorative cookie cutter, or large round cutter, and transfer to a prepared baking sheet. Collect the trimmings together and reroll. Repeat with second half of the dough.
9. Bake in an oven preheated to 325°F for 10 to 12 minutes.

Sugar cookies are a favorite at home, for gifts and community bake sales. These smooth textured, crunchy cookies are sure to be a great hit.

Decorate for the season:

Red cinnamon icing for Valentines

Sprinkles and cherries for Christmas

Others as your imagination directs you...

