

SUGAR COOKIES

Nutrition Facts	
Serving Size 18 g	
Amount Per Serving	
Calories 78	Calories from Fat 33
% Daily Value*	
Total Fat 3.6g	
6%	
Saturated Fat 0.9g	4%
Cholesterol 8mg	3%
Sodium 33mg	1%
Total Carbohydrates 10.6g	4%
Sugars 5.5g	
Protein 0.9g	
Vitamin A 2% Vitamin C 0% Calcium 1% Iron 2% Nutrition Grade D	
* Based on a 2000 calorie diet	

Ingredients:

- 50 ml shortening
- 50 ml margarine
- 125 ml granulated sugar
- 1 egg
- 1 ml vanilla
- 300 ml all-purpose flour
- 2 ml baking powder
- 1 ml salt

Method:

1. **Preheat** oven to 400° F
2. **Cream** shortening and margarine until mixture is light and fluffy.
3. Add sugar gradually, continuing to **cream** until mixture is very well combined.
4. Add egg. **Mix** well.
5. Stir in vanilla.
6. In a separate bowl, **sift** together flour, baking powder, and salt.
7. Stir dry mixture into creamed mixture, a little at a time, mixing well after each addition. Mixture should form a stiff dough.
8. Roll cookie dough into balls the size of large marbles.
9. Roll each ball in sugar to coat **lightly**.
10. Place on cookie sheet lined with parchment paper.
11. Flatten each cookie slightly with a fork.
12. **Bake** at 200° C (400° F) for 8 to 10 minutes, or until cookies are delicately browned.
13. Remove from pan to a cooling rack to cool.