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Easy Slice & Bake Sugar Cookies

Makes 6 dozen cookies. Recipe adapted from AARP.

Ingredients

- 1-1/2 cups white whole-wheat flour (see Tip)
- 1- 1/2 cups all-purpose flour
- 1 -1/4 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup sugar
- 5 tablespoons canola oil
- 4 tablespoons unsalted butter, at room temperature
- 2 large eggs
- 2 teaspoons vanilla extract
- Coarse sugar or sprinkles for decoration

Nutritional info per serving (2 cookies)

Calories:	90
Total fat:	4g
Cholesterol:	14mg
Sodium:	48mg
Total Carbs:	14g
Dietary Fiber:	0g
Protein:	2g

Directions

1. Whisk white whole-wheat flour, all-purpose flour, baking powder, baking soda and salt in a medium bowl.
2. Beat sugar, oil and butter in a mixing bowl with an electric mixer on high until smooth, scraping down the sides. Add eggs and vanilla and beat until smooth, scraping down the sides. Add the flour mixture and mix on low speed until just combined.
3. Place half the dough on a large piece of plastic wrap and shape into a 10-inch log (it's OK if it's not perfectly round). Repeat with the remaining dough. Wrap and freeze until just firm, about 45 minutes. Reroll the logs to make them rounder and return to the freezer until very firm, at least 1 hour more.
4. Preheat oven to 350°F. Line a baking sheet with parchment paper or a silicone mat.
5. Remove one roll of dough at a time from the freezer and let stand at room temperature for 5 minutes. Unwrap the dough and slice crosswise into 1/4-inch-thick rounds, turning the dough a quarter turn after each slice to help keep the cookies round. Place 1/2 inch apart on the prepared baking sheet. If your cookies aren't as round as you want them to be, shape the dough with your fingers. Sprinkle each cookie with a little coarse sugar and gently press it into the cookie to help it adhere.
6. Bake 8 minutes for soft cookies or 10 minutes for crisp cookies. Transfer to a wire rack to cool completely. Repeat with the remaining roll of dough, if desired.
7. You can store wrapped rolls of dough in the freezer for up to 3 months.

Tip

White whole-wheat flour, made from a special variety of white wheat, is light in color and flavor but has the same nutritional properties as regular whole-wheat flour. It is available at large supermarkets and natural-foods stores and online at bobsredmill.com or kingarthurfLOUR.com. Store unused flour in a plastic bag in the freezer.