



## Football Sugar Cookies

### **FOOTBALL SUGAR COOKIES**

#### **INGREDIENTS:**

1/2 cup Apple butter

1/2 cup Butter, unsalted

1 cup Powdered sugar

1 each Egg

1 teaspoon Vanilla extract

1 cup Whole wheat flour

1 3/4 cup All purpose flour

1 teaspoon Baking powder

1/4 teaspoon Salt

#### **PREPARATION:**

- In a large bowl, beat the butter and apple butter until creamy. Mix in the sugar, egg and vanilla.
- In a separate bowl, mix the dry ingredients: all purpose flour, whole wheat flour, baking powder, and salt.
- Add the dry mixture to the sugar mixture.
- Preheat oven to 325° F
- Using your cookie cutter, cut out various footballs-themed shapes and place them on a greased cookie tray.
- Bake until lightly golden, about 17 to 20 minutes. Transfer to a rack to cool.

**Yield: 40 servings**

**Serving Size: 1 tablespoon uncooked cookie dough**

**Nutritional info: 60 calories**

**Fat: 3 grams**

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