

CRISPY ORANGE SESAME COOKIES

INGREDIENTS

2 cups all-purpose flour
1/2 teaspoon baking soda
1/2 cup no salt margarine (e.g. Becel™)
2/3 cup white sugar
3 tablespoons honey
1 egg
1/2 teaspoon vanilla extract
1 1/2 teaspoons orange zest (or lemon zest)
2 tablespoons dried blueberries, finely chopped
2 tablespoons cornstarch
1 tablespoon sesame seeds

FOR GARNISH *mix in small bowl*

1 tablespoon sesame seeds
1 teaspoon sugar
2 drops food colouring of choice

PREPARATION

- 1** Whisk together flour and baking soda. Set aside.
- 2** Prepare wet ingredients in a large bowl. Beat together margarine, sugar and honey until the mix becomes fluffy. Add the egg, vanilla extract, zest, blueberries, cornstarch and sesame seeds and beat well.
- 3** Add the flour mix to the wet ingredients and blend both with a spoon until a smooth dough forms.
- 4** Roll dough in wax paper and form a log of approx. 4 cm in diameter. Freeze for 1 hour or more.

TO BAKE:

Preheat conventional oven to 350° F (325° F if using convection)

Cut 1 cm thick slices and garnish each slice with a sprinkle of sugared sesame seeds. Place slices on a tray lined with parchment paper. Bake for 10 to 12 minutes. Remove cookies from tray and cool on racks.

If you want to make the recipe more simple, you can leave out the blueberries and the garnish.



PREPARATION: 15 MINUTES

CHILL: 1 HOUR

BAKING: 10-12 MINUTES

MAKES 30 COOKIES

Nutrient Analysis

PER SERVING (1 cookie)

Renal exchange:

1 Starch

Calories **95Kcal**

Protein **1.4g**

Carbohydrates **14g**

Fiber **0.3g**

Total Fat **3.7g**

Saturated Fat **0.6g**

Cholesterol **6.4mg**

Sodium **25mg**

Potassium **15mg**

Phosphorus **16mg**

SUGGESTION

You may want to double the recipe because the cookie dough keeps well in the freezer.

Note:

The cookies are low in potassium and phosphorus and non-diabetic patients can have two!