

Guiltless Sugar Cookies



Ingredients

1/2 cup no-fat, plain Greek Yogurt
1 cup white sugar
1 egg, beaten
3 tbsp. orange juice (w/ some pulp)
2 tbsp. grated orange rind
1/4 tsp. salt
2 tsp. baking powder
2 cups all-purpose flour

Directions

1. Use an electric mixer to cream yogurt and sugar until smooth.
2. Add beaten egg, then orange juice and rind.
3. Mix ingredients until well combined.
4. Stir dry ingredients together, then add to the creamed mixture, beating well. Dough will be fluffy.

5. *Chill dough at least 2-4 hours, or overnight.
6. Preheat the oven to 375 degrees F.
7. Line the cookie sheet with parchment paper or baking liner.
8. Use a small ice cream (cookie) scoop to place balls of fluffy dough onto the cookie sheet.
9. Dip the flat, round bottom of a glass into flour and gently flatten dough balls about 1/2 inch.
10. Lightly sprinkle colored sugar on tops. You can get creative and use a fondant or cookie cutter to help you achieve a specific look, like a heart.
11. Bake for approximately 8 minutes, be careful not to burn.
12. Makes about 2 – 3 dozen cookies. Enjoy!

Recipe From:

<http://www.yeewittlethings.com/2014/01/low-fat-greek-yogurt-sugar-cookies.html>

Nutrition Facts

Servings 24.0

Amount Per Serving

calories 73

% Daily Value *

Total Fat 0 g	1 %
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Saturated Fat 0 g	0 %
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Monounsaturated Fat 0 g	
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Polyunsaturated Fat 0 g	
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Trans Fat 0 g	
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Cholesterol 8 mg	3 %
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Sodium 71 mg	3 %
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Potassium 7 mg	0 %
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Total Carbohydrate 15 g	5 %
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Dietary Fiber 1 g	3 %
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Sugars 8 g	
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Protein 2 g	4 %
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Vitamin A	1 %
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Vitamin C	2 %
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Calcium	25 %
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Iron	2 %
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