



## Sugar Cookies with Butter Cream Frosting

Makes 5 to 6 dozen 2 - 2 ½ inch cookies

### Dough Ingredients

½ cup softened butter (1 stick)

½ cup applesauce or pureed canned fruit\*

¾ cup white sugar

2 eggs or

4 Tbsp. dry egg mix + ½ cup water

1 teas. vanilla extract

½ teas. baking powder

½ teas. baking soda

¼ teas. salt

2 cups (+ - ¼ cup) all-purpose flour (AP)

1¼ cups (+ - ¼ cup) white whole wheat (WW) flour

\*Canned fruit packed in juice; apricots, pears, peaches, or mixed fruit works well.

Puree the fruit with the juice from the can. One 14.5 oz. can will yield about 1½ cups of pureed fruit.

### Frosting Ingredients

¼ cup softened butter (½ stick)

1 lb. powdered sugar (3½ - 3¾ cups unsifted)

1 teas. vanilla extract

5 - 5½ Tbsp. of water

**Directions:** In a large bowl, mix together butter, applesauce or pureed fruit, sugar, eggs, vanilla, baking powder, baking soda and salt with an electric mixer or whisk until light and fluffy. Gradually stir AP and WW flours into butter/sugar mixture until well blended using a sturdy spoon. Knead dough gently a few times to mix all the flour in well. Add a little flour if needed to form a stiff dough. Divide dough into 4 even balls and chill for 1 hour. When chilled, roll out one at a time; leave the rest in the refrigerator until you are ready to roll out the dough.

On a lightly floured surface, roll out the dough ball to 1/8-inch thickness\*\*. Cut into desired shapes using cookie cutters. Place cookies 1 inch apart onto ungreased cookie sheets. Bake in a preheated oven at 375° for 7 - 8 minutes. Remove from pan to cool.

\*\*Thinner cookies need 1 - 2 minutes less and thicker cookies need 1 - 2 minutes more baking time.

**Frosting Directions:** Using an electric mixer or whisk, beat butter, powdered sugar, vanilla extract, and water (add water 1 Tbsp. at a time until you have the desired consistency). Beat until fluffy. Frost cookies after they have cooled to room temperature.

**Substitutions:** You may replace the all-purpose and whole wheat flours with 3¾ cups of all purpose flour; however this will reduce the fiber content of the cookies

**Nutrition:** This recipe provides cookies with more fiber because part of the AP flour was replaced with WW flour. The fat content was reduced to less than half of the original. Applesauce was used in place of part of the butter. The sugar content was also decreased and is less than most cookie recipes. It is a treat or dessert for occasional use.

