

Spooky Skull Cookies



Preparation time: 10 minutes
Baking time: 20–25 minutes
Recipe makes: 8 cookies

Ingredients

3/4 cup margarine, softened
at room temperature

1/4 cup sugar

1 1/2 cups (165 g) low protein
all-purpose mix

1/3 cup corn starch

1/2 tsp vanilla extract

Permitted decorations: such
as fondant, edible icing pens,
colored sugar, and sprinkles*

* Decorations are not included in the
nutrition information.

Directions

- 1 Preheat oven to 320°F.
- 2 Combine all ingredients in a large bowl, mixing well until a dough forms.
- 3 Cover a baking tray with parchment paper.
- 4 Using a rolling pin, roll out the dough between two sheets of parchment paper.
- 5 Cut out 8 skulls from the dough using a skull-shaped cookie cutter and place on the baking tray.
- 6 Bake in preheated oven for 20 minutes or until cookies are golden brown.
- 7 Remove cookies from baking tray and place on a wire rack to cool.
- 8 When completely cooled, decorate with permitted decorations.

Nutrition Info Per Serving (1/8 recipe):

Calories: 270 | Protein: 0.1 g | Phenylalanine: 5 mg

Please check the suitability of this recipe for you with your healthcare professional.

This recipe was analyzed using HowMuchPhe.org.

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This recipe has been specifically designed for a low protein diet. The nutrition information for a
recipe could change depending on the brand of product you choose and should only serve as a
guideline. Refer to labels for allergen information and suitability.

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