



## Christmas Cookies

Us here at HealthyNow know that the holiday season means a few sweet treats are in order. These healthier Christmas Cookies, with their fluffy middles and golden-crisp edges, you may you never go back to the original!



HealthyNow provides Corporate Catering, Meal Preparation and fresh pressed Juice Cleanses to support your fitness, wellness and nutrition goals. To order, email [Info@HealthyNow.ca](mailto:Info@HealthyNow.ca). Check us out online at [www.HealthyNow.ca](http://www.HealthyNow.ca), [www.Facebook.com/healthynow40/](https://www.Facebook.com/healthynow40/), and [www.Instagram.com/healthynow\\_40/](https://www.Instagram.com/healthynow_40/)





CATERING • MEAL PREP • JUICES

### You'll need for the cookie:

- 9 ounces whole-wheat flour (about 2 cups)
- 1/2 teaspoon salt
- 1/4 teaspoon baking powder
- 10 tablespoon butter, softened
- 1/2 cup granulated sugar
- 1 ounce 1/3-less-fat cream cheese, softened
- 1 large egg
- 1 teaspoon vanilla extract

### You'll need for the icing:

- 1/2 cup powdered sugar
- 2 tablespoons plain 2% reduced-fat Greek yogurt
- 1/4 teaspoon grated lemon rind
- Naturally colored sparkling sugar (optional)

### To make it:

1. To prepare cookies, weigh or lightly spoon flour into dry measuring cups; level with a knife. Whisk together flour, salt, and baking powder in a medium bowl. Beat butter, granulated sugar, and cream cheese in a large bowl with an electric mixer on high speed until light and fluffy, about 3 minutes. Add egg; beat until well blended. Add vanilla; beat until blended. Reduce mixer speed to low. Gradually add flour mixture to butter mixture; beat just until combined.
2. Flatten dough into a 6-inch disk; wrap with plastic wrap. Chill 1 hour.
3. Preheat oven to 350°F.
4. Roll dough to 1/4-inch thickness on a lightly floured surface. Cut out 32 cookies, using a 2- or 3-inch cutter, rerolling scraps as necessary. Place cookies 1 inch apart on baking sheets lined with parchment paper. Bake 12 minutes or until lightly browned around edges. Cool.
5. To prepare icing, whisk together powdered sugar, yogurt, and rind; drizzle over cookies. Sprinkle with sparkling sugar, if desired. Let stand on a wire rack until icing is set, about 15 minutes.

Enjoy!

HealthyNow provides Corporate Catering, Meal Preparation and fresh pressed Juice Cleanses to support your fitness, wellness and nutrition goals. To order, email [Info@HealthyNow.ca](mailto:Info@HealthyNow.ca).

Check us out online at [www.HealthyNow.ca](http://www.HealthyNow.ca), [www.Facebook.com/healthynow40/](https://www.Facebook.com/healthynow40/), and [www.Instagram.com/healthynow\\_40/](https://www.Instagram.com/healthynow_40/)

