

RECIPE OF THE MONTH

LEMON SUGAR COOKIES

Lemon Sugar Cookies, fast and easy to make, are the perfect snack to enjoy with lunch-time tea. Have a guest or two to enjoy them, the recipe makes 40 cookies.


50 mL	butter or margarine*	1/4 cup
150 mL	granulated sugar	2/3 cup
1	egg	1
25 mL	lemon juice	2 tbsp
	Grated rind of 2 lemons	
300 mL	all-purpose flour	1 1/4 cups
75 ml	whole wheat flour	1/3 cup
2 mL	baking soda	1/2 tsp
15 mL	granulated sugar (for sprinkling)	1 tbsp

* When baking, it's better to stick with butter instead of margarine for texture.

Method:

In large bowl and using electric mixer, cream margarine and sugar.

In separate bowl, combine all-purpose flour, whole wheat flour, lemon rind and baking soda. Stir into egg mixture; mix well. Shape tablespoonfuls (15 mL) of dough into balls; place about 2 inches (5 cm) apart on lightly greased baking sheets. Using back of fork, press to 1/4-inch (5 mm) thickness. Sprinkle with sugar.

Bake in 350°F (180°C) oven for 10 minutes or until firm. 

Makes 40 cookies.

This recipe was taken from *Lighthearted Everyday Cooking* by Anne Lindsay. Copyright, Anne Lindsay, 2002. Reprinted with permission of Macmillan Canada, an imprint of CDG Books Canada, Inc.

Per Cookie

Calories (including oil)	44
Total fat	1 g
Cholesterol	5 mg
Sodium	31 mg
Carbohydrate	7 g
Protein	1 g
Potassium	12 mg

