

Lemon Blueberry Sesame Cookies

Ingredients:

1 3/4 cups all-purpose flour
1/2 tsp baking soda
1/2 cup unsalted margarine
2/3 cup white sugar
3 Tbsp honey
1 egg
1/2 tsp vanilla extract
2 Tbsp lemon juice
2 Tbsp dried blueberries (chopped)
2 Tbsp cornstarch

Preparation: 15 min

Chill: 1 hour

Bake: 10 min

Makes: 30 cookies

Garnish:

1Tbsp sesame seeds
1tsp sugar
2 drops food coloring of your choice

Preparation:

1. Whisk together flour and baking soda. Set aside.
2. Beat together margarine, sugar and honey until fluffy. Add egg, vanilla, lemon juice, blueberries, cornstarch and sesame seeds and beat well.
3. Add flour mixture to wet ingredients. Mix until dough is smooth.
4. Roll dough on wax paper into shape of a log (4cm diameter)
5. Freeze for 1 hour or longer.

To Bake:

1. Preheat oven to 350°F
2. Cut 1 cm thick slices and garnish each cookie and place on greased cookie sheet.
3. Bake 10 min.

Per Cookie: 91Calories, 1 starch serving, 15mg Potassium, 13 mg Phosphorus

Recipe adapted from myspiceitup.ca

