



BUTTERY WEDDING COOKIES TURNED HEALTHY!

Loanne Chiu

Recipe: OLIVE WEDDING COOKIES

About the Recipe: In 2003, I won the grand prize in a Colavita Better than Butter Contest with my Olive Wedding Cookies. The prize was a weeklong gourmet tour of

Italy, unforgettable! It is a healthy cookie and will not break the calorie bank during the holiday season.

Ingredients:

2 cups unbleached flour
1 1/2 cups powdered sugar, divided
1 cup toasted almond meal
3/4 teaspoon baking soda
1/2 cup COLAVITA EXTRA VIRGIN OIL
2 teaspoon almond extract

Preparation:

In a bowl sift together flour, 1/2 cup sugar, almond meal and baking soda. In a separate bowl, stir together olive oil and almond extract. Stir liquids into dry ingredients until it sticks together. Divide dough in half and wrap in plastic wrap. Chill several hours or overnight.

The next day preheat oven to 350 F. Make marble sized balls and divide over 2 baking sheets. Flatten each cookie slightly. Bake about 15 minutes, until golden brown and baked through.

Let cool in baking pan, then place on a cookie rack. When cooled, roll cookies gently in remaining powdered sugar. Yield: about 40 cookies

Nutritional Analysis per cookie:

90 cal, 5 g fat, 10 g carbohydrates, 2 g protein, 0 mg cholesterol, 24 mg sodium, 47 percent of cal from fat.

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