

Cinnamon Heart Cookies



Servings
15 cookies



Skill Level
MODERATE



Diet Type
Dialysis

Ingredients

- 1 1/2 cup all-purpose flour
- 1/2 cup unsalted butter
- 1 cup sugar
- 1 large egg
- 1 tsp vanilla extract
- 2 tsp ground cinnamon

Directions

1. Preheat oven to 375°F
2. In a bowl mix together sugar, unsalted butter, egg, and vanilla extract
3. In a separate bowl mix flour, ground cinnamon, and phosphorus free baking powder
4. Combine these two bowls and mix well
5. Portion into 15 balls
6. Flatten balls and shape into hearts
7. Spray pan with non stick oil
8. Place heart shaped cookies on greased pan and cook for 10 minutes

Ingredients

- 1 1/2 tsp Phosphorus Free Baking Powder
- Phosphorus Free Baking Powder Ingredients:
- 1 tsp cream of tartar
 - 1/2 tsp baking soda

Nutrition Facts

Serving size 1 cookie

Amount per serving

Calories 160

Sodium	50 mg
Potassium	55 mg
Phosphorus	25 mg
Total Carb	22 g
Protein	2 g
Fiber	1 g