



Low Sugar Peppermint Heart Cookies

What You Need

3 Cups flour
1 tsp. Baking soda

1/2 tsp. Baking powder
1 Cup lactose free margarine (room temperature, soft)
1 ¾ Cups Splenda
1 Egg (room temperature)
3/4 tsp. Peppermint extract
1/4 Cup sugar free peppermint sticks, peppermint candies (finely crushed)
2 Mixing bowls (one large one medium or two large)
Cookie sheets
Small cookie cutter About 1.5 inches in diameter (optional)
Parchment paper
Electric Mixer (hand or stand)
Wire cooling rack
1 Cup semi sweet milk chocolate chips (optional)
Double boiler (or microwave safe bowl)

Before You Start- Preheat oven to 375 ° Line baking sheets with parchment paper.

Let's Make It! Add Splenda and margarine to a large mixing bowl. Beat on medium speed until creamy. Beat in egg and peppermint extract and set aside. In medium mixing bowl, combine flour, baking soda, baking powder and finely crushed peppermint candies. Stir well to combine. Gradually add dry ingredients to Splenda mixture and beat on low until well incorporated. Using a tablespoon scoop a heaping tablespoon of dough into the palm of your hand and roll to create a smooth rounded ball. Drop onto prepared baking sheets about 2 inches apart. Or flatten each ball to about ¼ inch and cut using your cookie cutter. Bake for about 8-12 minutes (until slightly golden). Let cool on cookie sheet for about 3-5 minutes then transfer to wire rack to cool completely for 10-15 minutes.

Go one step further and melt the chocolate chips in a double boiler over medium low heat. Dip cookies and place on wire racks to cool. If you don't want to hassle with a double boiler simply place the chocolate chips in a microwave safe dish and cook for 20 seconds at a time, stirring between each 20 second cook time.

Makes about 3 dozen cookies

Katies Tid Bits* if you are not on a special diet replace equal parts Splenda and margarine with granulated sugar and unsalted butter.

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