

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



**Candy Cane Cookies
Makes about 30 cookies**

Ingredients:

¾ cup sugar
½ cup vegetable oil
2 teaspoons baking powder
2 teaspoons vanilla
½ teaspoon salt
2 eggs
1 cup whole wheat flour
1 ¼ cup all-purpose flour
Few drops red food coloring

Directions:

1. Preheat oven to 400 degrees. Line two cookie sheets with parchment paper or grease with oil.
2. In a large bowl, mix sugar, oil, baking powder, vanilla, salt, and eggs with a spoon. Stir in flour.
3. Divide the dough into 2 parts. Color one half with a few drops of red food coloring until pink-red. Divide each half into two parts; roll into balls. Cover with plastic wrap and refrigerate 30 minutes (or up to 2 days).
4. Lightly flour a flat surface. Roll one red and one white ball of dough into a long strand, about 30 inches each. Place the strands together. Cut into 2-inch segments. Twist each piece and roll into 4-inch red and white strand. Place on cookie sheet in a candy cane shape.
5. Bake 8 to 10 minutes, until light brown around the edges. Remove from cookie sheet and cool on a wire rack.

Nutritional Information per cookie:

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|-------------------|--------------------|
| Calories: 95 | Carbohydrates: 15g |
| Total Fat: 3g | Cholesterol: 19mg |
| Saturated Fat: 1g | Dietary Fiber: 1g |
| Sodium: 65mg | Protein: 1g |