# 12 Days of Treats 2011



Courtesy of The Mrs. at Success Along the Weigh Nutritional Information provided when available

#### **Chocolate Dipped Shortbread Cookies**



1 cup Land O Lakes salted butter1/2 cup light brown sugar2 1/4 cups all purpose flour48 (120 g) Wilton Dark Cocoa Candy Melts

In a mixing bowl, cream butter and sugar then gradually stir in the flour. Turn onto a lightly floured surface and knead until smooth. Divide dough in half and roll into two 12" logs. Roll each in plastic wrap and chill for about 15 minutes. Cut logs into 1/4- 1/3" slices (about 22 per log) Place 1 in. apart on ungreased baking sheets. Prick with a fork on one side. Bake at300 degrees for 25 minutes or until bottom begins to brown. Cool for 5 minutes; remove to a wire rack to cool completely. Microwave chocolate melts for 30 seconds then 10 additional seconds as needed until just melted and stir until smooth. Dip the side with the fork marks in the chocolate and remove excess with a small knife. Add sprinkles of your choice or leave dipped plain.

Makes 44 cookies

**Nutritional Information per cookie**: Calories: 81 Total Fat 5g Sat Fat 3g Mono Fat 1 Cholesterol 11mg Sodium 33mg Potassium 18mg Total Carbs 10g Sugar 5g Protein 1g Vit A- 3% Iron 2%

Adapted: http://allrecipes.com/Recipe/Brown-Sugar-Shortbread/detail.aspx

### **Fluffernutter Cookies**



- 1 cup Jif Smooth Peanut Butter
- 1 cup Marshmallow Cream
- 1 egg

Preheat oven to 350 degrees. Mix the egg and peanut butter together in a bowl. It will get a little clumpy looking. No worries. Add the marshmallow cream and incorporate until it comes together and looks slightly streaked.

Using a smallish to medium sized cookie scoop, put on a silpat or non stick cookie sheet. Bake for 12 minutes. If it looks like it's going to need another minute in the oven, turn on the oven light and watch it for that minute, they overcook easy. Don't ask how I know that. \*whistles\*

Allow them to cool on the cookie sheet for 3-5 minutes then transfer to cooling rack. Grab some milk and chow down...er...I mean put them in tins for gifts. They stay soft and chewy for days. These would make awesome ends for an ice cream sandwich but you didn't hear that from me.

Makes 18 cookies.

Recipe from Picky Palate

**Nutritional Information per cookie**: Calories 115 Total Fat 7g Sat fat 1g Cholesterol 10mg Sodium 75mg Potassium 4mg Total Carbs 7g Sugars 4g Protein 4g Iron 2%

#### **Seven Layer Bars**



1 1/2 cups Honey Maid Low Fat graham cracker crumbs (9 sheets of graham crackers broken down)

1/2 cup Butter, melted

1 (14 oz.) can Eagle Brand Fat Free Sweetened Condensed Milk

6 oz Toll House Butterscotch chips

6 oz Toll House Semi-sweet chocolate chips

1 cup Flaked Coconut

1 cup chopped peanuts

Cooking spray

Preheat oven to 350 degrees. Put aluminum foil in 13 x 9 inch pan so the foil comes up over the sides of the pan.

In a microwave safe bowl, melt the butter then add to the graham cracker crumbs. Pat the crumb mixture down into the pan so all of the foil on the bottom is covered evenly. Spray the sides of the pan with some cooking spray to help things not stick as it bakes.

Layer chocolate chips, butterscotch chips, and nuts over crumbs. Pour condensed milk over nuts. Sprinkle coconut over condensed milk.

Bake until edges are golden brown, about 25 minutes. Let cool completely then lift out foil and cut into 24 pieces.

24 servings

**Nutritional Information per bar**: Calories 260 Total Fat 15g Sat Fat 8g Mono Fat 1g Cholesterol 12mg Sodium 78mg Potassium 10mg Total Carbs 27g Fiber 1g Sugars 22g Protein 5g Vitamin A 3% Calcium 8% Iron 3%

Adapted from: Allrecipes.com

#### **Chewy Cocoa Brownies with Candy Cane Joe Joe's**



1 2/3 cups granulated sugar

3/4 cup (1 1/2 sticks) butter or margarine, melted

2 tablespoons water

2 large eggs

2 teaspoons vanilla extract

1 1/3 cups all-purpose flour

3/4 cup baking cocoa

1/2 teaspoon Hain baking powder

1/4 teaspoon salt

24 Trader Joe's Candy Cane Joe Joe Cookies

Preheat oven to 350. Grease 13 x 9-inch baking pan. Combine granulated sugar, butter and water in large bowl. Stir in eggs and vanilla extract. Combine flour, cocoa, baking powder and salt in medium bowl; stir into sugar mixture. Spread into prepared baking pan. Line up 24 candy cane joe joe's on top of the brownie mix and push down slightly. Bake for 23 to 25 minutes or until wooden pick inserted in center comes out slightly sticky. Cool completely in pan on wire rack. Cut into bars once cooled for non-stick cuts.

**Nutritional Information per brownie**: Calories 205 Total Fat 10g Sat Fat 5g Mono Fat 2g Cholesterol 31mg Sodium\*- 111mg Potassium 23mg Total Carbs 28g Fiber 1g Sugars 18g Protein 2g Vitamin A-4% Calcium- 1% Iron- 5%

\*- If you use regular Baking Powder the sodium is 193mg per brownie

Adapted from VeryBestBaking.com

#### **Lightened Up Snickerdoodles**



1/2 cup granulated sugar

1/3 cup brown sugar

1/4 cup butter, softened

1/2 teaspoon vanilla

1 egg white

3/4 cup all-purpose flour

1/4 cup Trader Joe's 100% White Whole Wheat flour

1/2 teaspoon no sodium Hain baking powder

1/4 teaspoon ground cinnamon

1/8 teaspoon salt

1/8 cup granulated sugar

1/2 teaspoon cinnamon (or more if desired)

cooking spray

Preheat oven to 400 degrees. Combine 3/8 cup (6 tbsp) sugar, 1/3 cup brown sugar and butter in bowl. Beat with a mixer until fluffy. Beat in vanilla and egg. In another bowl combine flour, baking powder, 1/4 tsp cinnamon and salt. Stir with a whisk to combine. Add flour mixture to butter mixture. Shape dough into 24 balls. (I used the large end of a melon baller then used the other end to help coat the cinnamon sugar in the little bowl) Combine 1/8 cup granulated sugar and 1/2 tsp cinnamon. Roll balls in sugar mixture and place 2 inches apart on cookie sheets coated with cooking spray or on a silpat. Flatten cookies with a glass with desired. Bake at 400 degrees for about 5-6 minutes. Cool on cookie sheet for 1 minute and then move to a cooling rack. Makes 24 cookies.

**Nutritional Information per cookie**: Calories 68 Total Fat 2g Sat Fat 1g Mono Fat 1g Cholesterol 5mg Sodium-30mg Potassium 34mg Total Carbs 13g Sugar 9g Protein 1g Vitamin A 1% Calcium 1% Iron 2% Sodium is 41mg per cookie if using regular baking powder. Original Recipe: Food.com

#### **Chocolate Crinkle Cookies**



1 box Betty Crocker Devil's Food Cake Mix

1 tub Cool Whip Lite (8 oz)

1 egg

1/4 c powdered sugar (only 1 tbsp will stick to cookies, if that)

Preheat oven to 350 degrees.

Pour cake mix in a large bowl, add thawed cool whip and egg. Combine thoroughly. Dough will be very sticky.

Put powdered sugar in a small bowl. Use a small cookie scoop and drop dough into powdered sugar and toss to coat then shake off excess in a colander.

Place on a silpat or ungreased cookie sheet 2" apart. Bake for 11-13 minutes. Allow to cool on sheet for about 5 minutes before transferring to a cooling rack.

Makes 32 cookies

**Nutritional Information per cookie**: Calories 80 Total Fat 2g Sat Fat 1g Cholesterol 6g Sodium 141mg Potassium 45mg Total Carbs 16g Sugars 8g Protein 1g

Adapted from: Food.com

## **Biscoff White Chip Cookies**



1 cup sugar

1 cup brown sugar, packed

1/2 cup Biscoff spread

1/4 cup water

1/4 cup unsweetened applesauce

2 tsp vanilla extract

2 egg whites

1 egg

2 2/3 cup all purpose flour

1 tsp Hain no sodium baking powder

1 tsp baking soda

1/2 tsp salt

2/3 cup Toll House White Chocolate Chips

Preheat oven to 350. In a bowl, add dry ingredients (flour to salt on the list) and set aside. Mix first 8 ingredients together in a large bowl with a mixer. Slowly incorporate the flour mixture. Add chips then drop dough by the tablespoon 2" apart on a cookie sheet. Bake for 12 minutes or until golden brown. Let cool on the sheet for 3-5 minutes before transferring to cooling rack.

Makes 38 cookies.

**Nutritional Information per cookie**: Calories 112 Total Fat 3g Sat Fat 1g Cholesterol 5g Sodium 57mg Potassium 61mg Total Carbs 23g Fiber 1g Sugars 16g Protein 2g Calcium 1% Iron 1%

Adapted from: My Recipes.com

## **Nutella Frosting**

3/4 cup butter, softened

1/4 cup Nutella

- 1 tsp vanilla
- 1 tbsp unsweetened almond milk
- 3 cups powdered sugar

Blend all ingredients in a bowl or stand up mixer.

Makes 32 two tablespoon servings

**Nutritional Information per 2 TBSP serving**: Calories 96 Total Fat 5g Sat Fat 3g Mono Fat 1g Cholesterol 11mg Sodium 32mg Potassium 2mg Total Carbs 13g Sugars 12g Vitamin A 3%

Adapted from <a href="http://kokocooks.blogspot.com">http://kokocooks.blogspot.com</a>

#### **Healthified Muddy Buddy Treats**



1 box Fiber One 80 cereal
1/2 cup Jif Creamy Peanut Butter
1 cup Semi-sweet Chocolate Chips
1/4 cup butter
1 cup Almond Breeze Vanilla Almond Milk, unsweetened
1/3 cup powdered sugar (for rolling)

Break down cereal in blender to crumbs and put in a large bowl, set aside.

In a microwave safe bowl, add the chocolate, peanut butter and butter. Microwave for 45 seconds and combine until smooth. Add to cereal and use your (freshly washed) hands to mix thoroughly until it is a chocolatey dry mix. Then add almond milk and mix again with your hands until it all comes together to make large dough-like ball.

Roll out 48 balls on to a cookie sheets or piece of wax paper. If you're not serving them within the next few hours, put them in an airtight container in the fridge.

About an hour prior to serving, add powdered sugar to a small bowl and toss 4 truffles at a time to coat until all truffles are evenly coated. Store in an airtight container.

**Nutritional Information per truffle**: Calories 70 calories (per truffle) Total Fat 4g Sat Fat 1g Sodium 58mg Potassium 18g Total Carbs 11g Fiber 3g Sugars 5g Protein 1g Vitamin A- 3% Vitamin C- 3% Calcium- 11% Iron-7%

### **Raspberry Tarts**



2 cups all-purpose flour

1 cup salted butter

1/4 cup sugar

1/4 cup skim milk

1 teaspoon vanilla

1 cup Polaner's Raspberry fruit spread, seedless

Powdered sugar for dusting

#### Preheat oven to 350.

Combine all ingredients EXCEPT fruit spread and powdered sugar in a mixer or food processor until dough forms. On a floured surface, turn dough out and form a log. Divide log in half to make 15 balls.

Place balls into mini muffin pan and press your thumb in the middle to create a well until the dough reaches the top of the cup. (I used the bottom of my pizza cutter handle that was the perfect size for this. Search your gadget drawer for something to save your fingers from dough covered temptation!) Spoon 1 tablespoon of raspberry fruit spread into tart making sure you don't over fill.

Bake for 25-30 minutes or until golden brown. Cool in the pan for 20-30 minutes before removing from the pan to a cooling rack.

If desired, lightly sprinkle with powdered sugar before serving. (Will add a few additional calories)

Makes 30 tarts.

Adapted from: http://www.evilshenanigans.com

#### **Chocolate Chip Cookie Dough Fudge**



#### **Fudge**

12 oz bag semi sweet chocolate chips

1 can fat free sweetened condensed milk

#### Chocolate Chip Cookie Dough (aka-"eatin' dough")

- 4 tbsp flour (have extra on hand in case dough is sticky and needs a sprinkle)
- 2 tbsp butter, softened
- 6 tbsp sugar
- 6 tbsp brown sugar
- 1/8 tsp vanilla
- 1 tbsp almond milk
- 1/4 cup semi-sweet chocolate chips

Make the dough first. Mix all of the ingredients in a bowl until dough comes together. If dough is sticky, add a teaspoon of flour so it looks like normal cookie dough then chill for 10 minutes. When dough is chilled, you can either roll out into an 8x8 sheet of dough so the dough is evenly distributed or you can roll into 18 balls of dough to be dropped randomly. This needs to be done before the fudge is made because the fudge sets quickly.

In an 8x8 pan, line it with foil that comes about 6" over the sides of the pan. Put a piece of wax paper cut to size on the bottom or give a little spray of cooking spray. In a microwave safe bowl, pour the 12 oz bag of chocolate chips and the sweetened condensed milk and heat in the microwave for 2 minutes. As soon as it's done, stir with a rubber spatula until glossy. Then it's time to work quickly. Spread enough fudge on the bottom of the pan to just cover it. Then drop cookie dough sheet or balls in the pan, then spoon the rest of the fudge on top and spread evenly. Cover with the foil sticking over the sides and then a piece of plastic wrap over the whole pan to ensure no foreign aromas from the fridge absorb as it chills. Chill in fridge for at least 2 1/2 - 3 hours. Cut into 36 pieces.

**Nutritional Information per piece (approximate)**: Calories 117 calories Fat 5g Sat Fat 3g Cholesterol 4mg Sodium 32mg Potassium 10mg Total Carbs 20g Sugars 18g Vitamin A 2% Calcium 3% Iron 1%

#### **Christmas Cheer Mint Bark**



1 bag Wilton Vanilla Melts (or comparable vanilla bark)
12 mini candy canes or 4 full size
6 mint sandwich cookies, chilled in fridge
1 cup mint chocolate M&M's

Take 9 mini or 3 full sized candy canes and pulse in a blender until broken down into small pieces and chips. In a microwave safe bowl, heat the melts for 1 minute then stir. Heat for 15 seconds and stir until it comes together smooth. Add the candy cane pieces and combine thoroughly.

On a medium sized cookie sheet, lay down a piece of wax paper the spread melted chocolate as evenly as possible so it's thin but no parts of the sheet peek through. Get chilled mint cookies, crumble and distribute as evenly as possible. Do the same with the mint M&M's.

Break down the final candy cane(s) and sprinkle the dust/pieces over the top. (You could also throw in some Christmas sprinkles for additional color)

Cover with foil and refrigerate for an hour to 90 minutes. Break up into random pieces. Store in airtight container.

**Nutritional Information**: Because the pieces will not be even, there is no way to accurately calculate this info however figure on 150 calories per normal sized piece (1 oz) and 200 for a big honkin' piece.

#### **ChocoRolo Cookies**



1 cup butter

1 cup sugar

3/4 cup brown sugar

2 eggs

1 tsp. vanilla

1 3/4 cups all purpose flour

1 1/4 cups Trader Joe's Unsweetened cocoa powder

2 tsp. baking soda

1/4 tsp. salt

38 Rolos

Preheat oven to 350.

In a bowl, combine the flour, cocoa powder, baking soda and salt; set aside.

In a bowl or stand up mixer, cream butter, sugars, egg and vanilla. Slowly add the flour mixture until dough comes together.

With a cookie scoop or tablespoon, drop dough onto a silpat or non stick cookie sheet. Push a Rolo into the middle of the dough ball. Run a butter knife under cold water and cover the Rolo with the surrounding dough, sealing it inside.

Bake for 10 minutes. Allow to cool for 3-5 minutes before transferring to a cooling rack.

Makes 38 cookies. (3 dozen plus two "test" cookies. Heh heh)

Nutritional Information per cookie: Calories 135 Total Fat 7g Sat Fat 3g Mono Fat 1g Cholesterol 23mg Sodium 72mg Potassium 28mg Total Carbs 19g Fiber 1g Sugars 11g Protein 2g Vitamin A- 3% Calcium- 1% Iron 3%

Adapted from: <a href="http://picky-palate.com/">http://picky-palate.com/</a>