

# better every week



Better Homes & Gardens MidWestLiving FamilyCircle DIABETIC LIVING EatingWell. Count Garden

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Fresh ideas to make the most of your week

### ICING BASICS



**RAISED ICING DESIGNS**  
Let the base coat of icing dry. This could take several hours. Once dry, fill a piping bag with medium- to thick-consistency Royal icing mixed with powdered coloring. Pipe desired designs, outlines, or accents.



**PIPE TO FLOOD**  
For precise lines, flood your cookies with icing. To do this, fill a piping bag fitted with a small round tip with the Royal icing. Pipe an outline around the outside of the cookie. Pipe icing into an even front (to fill) layer inside the outline. If necessary, use a toothpick to push icing into all corners.



**EMBEDDED DESIGNS**  
While the base coat is still wet, fill a piping bag fitted with a small round tip with the Royal icing mixed with powdered coloring. Pipe desired designs, outlines, or accents.

## Holiday cookie art

Channel your inner artist with frosting, icing, and a few easy holiday-theme designs.



### Sugar Cookies

Prep 45 minutes  
Cook 20 minutes  
Bake 9 minutes per batch at 375°F

- 1 cup butter, softened
- 1/2 cup granulated sugar
- 1/2 cup baking powder
- 1/2 cup salt
- 1 egg
- 1 tsp. vanilla
- 2 cups all-purpose flour

In a large bowl beat butter with a mixer on medium-pow speed. Add the baking powder, and salt; beat until combined. Scrape down as needed. Beat in egg and vanilla. Beat in flour. Divide dough in half. Cover and chill for 30 minutes or until it is easy to handle.

On a parchment-lined tray, roll a lightly rounded surface, roll one portion of dough at a time to 1/4-inch thickness. Using 1/4-inch-thick cookie cutters, cut dough into desired shapes. Flatten each spot on an ungreased cookie sheet.

Bake 7-9 minutes or until edges are firm and bubbling are very light; cookies. Remove to cool on a wire rack. Makes 30 cookies.

**PER COOKIE** 16 cal., 4.5 fat, 10 carb., 10 mg. cholest., 10 mg. sodium, 10 mg. iron, 1 g. fiber, 1 g. protein, 1 g. fat.

### Royal Icing

Prep 15 minutes  
Cook 10 minutes

- 1/2 cup (1 1/2 oz) powdered sugar
- 1/2 tsp. meringue powder
- 1/2 tsp. cream of tartar
- 1/2 cup warm water
- 1 tsp. vanilla

In a large bowl stir together powdered sugar, meringue powder, and cream of tartar. Add the water and vanilla. Beat with a mixer on low until combined. Beat on high to an airlock or until icing is very stiff. If needed, beat in additional water to reach desired consistency for piping or flooding. (When not using, keep icing covered with plastic wrap or a damp paper towel to prevent it from drying out.) If desired, add up to 1/4 tsp. salt. Stir before using. Makes 2 cups.

**PER TSP** 10 cal., 0.5 fat, 0 mg. cholest., 10 mg. sodium, 10 mg. iron, 1 g. protein, 1 g. fat.



Channel your inner artist with frosting, icing, and a few easy holiday-themed cookie designs

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