



got milk?

HALLOWEEN SUGAR COOKIE GHOSTS

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MAKES 32 COOKIES (1 cookie per serving)

INGREDIENTS

1 cup salted butter
3/4 cup vegetable oil
1 1/4 cups granulated sugar
3/4 cup powdered sugar
4 tablespoons lowfat milk
2 eggs, at room temperature
5 cups all-purpose flour
1/2 teaspoon baking soda
1/2 teaspoon cream of tartar
3/4 teaspoon salt
32 pieces of candy corn

Nutrition: 320 calories; 14 g fat; 6 g saturated fat; 35 mg cholesterol; 11 g protein; 39 g carbohydrates; 1 g fiber; 240 mg sodium; 309 mg calcium. Nutrition figures include an 8-ounce glass of lowfat classic milk.

DIRECTIONS

1. Preheat oven to 350 and grease baking sheet
2. Mix the butter, vegetable oil, sugar, powdered sugar, milk, and eggs.
3. In a second bowl, whisk flour, baking soda, cream of tartar, and salt.
4. Combine dry and wet ingredients
5. Divide into two sections and wrap each in plastic wrap. Chill for 30 minutes.
6. Roll and cut dough using a ghost-shaped cookie cutter and place on baking sheet
7. Roll small pieces of tin foil and place in the center of each ghost.
8. Gently bend ghost's arms around the tin foil
9. Bake for 8-11 min
10. Replace tin foil with candy corn.
11. Pair with a glass of milk and enjoy!

