

# Healthy Holiday Sugar Cookie

Yield: 30 min  
Total Time: 130 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-holiday-sugar-cookies-recipe>

## Ingredients:

- cookie
- 1 stick butter
- 1/2 cup non fat greek yogurt
- 1/2 cup granulated sugar or Xylitol
- 3/4 cup confectioners' sugar
- 2 egg yolks
- 1 teaspoon vanilla
- 2 1/4 cups flour we like white Spelt flour
- 1/4 teaspoon salt
- icing
- 1 cup confectioners' sugar
- 2 teaspoons milk we like coconut milk
- 2 teaspoons brown rice syrup
- 1/4 teaspoon almond extract

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 20 milligrams
4. Fat: 3.5 grams
5. Protein: 1 grams
6. SaturatedFat: 2 grams
7. Sodium: 55 milligrams
8. Sugar: 11 grams

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