

Maamoul Cookies

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/lebanese-date-cookies-recipe>

Ingredients:

- 1 cup unsalted butter 2 sticks /226 grams, at room temperature
- 1/4 cup granulated white sugar
- 3 teaspoons rose water optional
- 2 tablespoons orange blossom water optional
- 1 cup semolina fine
- 1 1/2 cups all-purpose flour
- 1 pinch salt
- 1 dates pack of baking, or 7-9 large Medjool dates, use a food processor to make a paste
- confectioners' sugar for dusting the cookies
- cookie
- tart

Nutrition:

1. Calories: 840 calories
2. Carbohydrate: 90 grams
3. Cholesterol: 120 milligrams
4. Fat: 49 grams
5. Fiber: 4 grams
6. Protein: 11 grams
7. SaturatedFat: 30 grams
8. Sodium: 130 milligrams
9. Sugar: 20 grams

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