

## Truffle-Iced Sugar Cookies

- **Yield:** 2 dozen (serving size: 1 cookie)

### Ingredients

- Cookies:
  - 1 cup all-purpose flour
  - 1/4 teaspoon baking soda
  - 1/8 teaspoon salt
  - 4 tablespoons butter, softened
  - 2/3 cup granulated sugar
  - 1 teaspoon vanilla extract
  - 1 large egg white
- Cooking spray
- Icing:
  - 1 cup powdered sugar
  - 2 teaspoons unsweetened cocoa
  - 1 tablespoon fat-free milk
  - 1/2 ounce semisweet chocolate
  - 1/2 ounce white chocolate



### Preparation

To prepare cookies, lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, baking soda, and salt in a bowl, stirring well with a whisk; set aside. Beat butter with a mixer at medium speed until light and fluffy. Gradually add granulated sugar, beating until well-blended. Add vanilla and egg white; beat well. Add flour mixture; stir until well-blended. Turn dough out onto wax paper; shape into a 6-inch log. Wrap log in wax paper; freeze for 3 hours or until very firm.

Preheat oven to 350°.

Cut log into 24 (1/4-inch) slices; place the slices 1 inch apart on a baking sheet coated with cooking spray. Bake at 350° for 8 to 10 minutes. Remove the cookies from pan, and cool on wire racks.

To prepare the icing, combine powdered sugar and cocoa in a small bowl; stir well. Add milk; stir well. Spread over cookies to within 1/4 inch of edges. Place semisweet and white chocolate in separate heavy-duty zip-top plastic bags; seal. Microwave chocolates at high for 1 minute or until chocolates are soft. Knead the bags until smooth. Snip a tiny hole in corner of bags; drizzle chocolates over the frosted cookies so that they resemble truffles.

### Nutritional Information: Amount per Serving: Calories: 88

Calories from fat: 28% Fat: 2.7g Saturated fat: 1.5g  
Monounsaturated fat: 0.8g Polyunsaturated fat: 0.2g Protein: 1g  
Carbohydrate: 15.4g Fiber: 0.1g Cholesterol: 14mg  
Iron: 0.3mg Sodium: 49mg Calcium: 5mg