



Peppermint Pinwheels *in a new light*

Makes: 24 servings

Prep Time: 25 minutes

Cook Time: 12 minutes

Difficulty: Easy

Ingredients:

- 2 1/4 cups all-purpose flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 5 tablespoons unsalted butter, softened
- 1/2 cup plus 2 tablespoons sugar
- 1 large egg
- 1 egg yolk
- 1 teaspoon vanilla extract
- 1 teaspoon peppermint extract
- 1/2 teaspoon red food coloring
- 24 (8-inch) lollipop sticks

Directions:

Stir together flour, baking powder, and salt in a large bowl.

With an electric mixer on low speed, beat butter and sugar in a medium bowl until well blended. Add egg, egg yolk, vanilla, and peppermint extract; beat until smooth. Add the flour mixture and beat just until blended. Transfer half of the dough to a work surface. Beat the food coloring into the remaining dough until evenly colored.

Pat the colored dough into a rectangle on a 12-inch long piece of plastic wrap. Cover with another piece of plastic wrap. Roll out the dough to form a 6 x 12-inch rectangle. Repeat with the remaining dough. Refrigerate the dough for 10 minutes. Remove the top sheets of plastic wrap from each rectangle of dough. Flip the colored dough on top of the uncolored dough; remove the plastic wrap. Using the bottom sheet of plastic wrap to help you roll, and starting from the long side, roll up the dough, jelly-roll style, to form a tight log. Wrap in the plastic wrap and refrigerate until firm, at least 2 hours.

Preheat oven to 350°F. Line two large baking sheets with parchment paper or foil.

Cut the log into 1/4-inch slices, making a total of

Please continue to next page...

Peppermint Pinwheels *in a new light (cont'd)*

24 slices. Place on the baking sheets about 1 inch apart. Insert a lollipop stick (about 3/4-inch deep) into the bottom of each cookie. Bake until the cookies are set, about 12 minutes, rotating the baking sheets halfway through the baking. With a spatula, transfer the cookies to racks to cool completely.

Nutritional Information: *Per serving (1 lollipop): 70 calories, 3 g fat (1.5 g saturated, 0 g trans), 25 mg cholesterol, 40 mg sodium, 10 g carbohydrate, 0 g fiber, 1 g protein.*

Material reviewed by Diabetes Care and Education, a dietetic practice group of the Academy of Nutrition and Dietetics.

**Diabetes Care
and Education**
a dietetic practice group of the
eat right. Academy of Nutrition
and Dietetics

A good balance of the right foods, along with regular exercise and your prescribed medications, can help you feel better and stay healthier. As with any meal, remember to pay attention to portion size and enjoy every dish as part of your overall meal plan. Work with your health care team to determine a meal plan that works for you.