

# sugar and spice

You and your kids can welcome winter with these snow-white sweets.

by Marygrace Taylor

**N**o matter what your family celebrates, the holidays are prime time for cookie-making. These little treats get their seasonal oomph from a blend of cozy spices (that are guaranteed to fill your home with a sweet, yummy aroma once they hit the oven), and kids will love tossing the baked cookies in a pile of powdered sugar “snow.” Best of all, the cookies’ miniature size is just right for little chefs and eaters!



KIWI  
recommends  
**ORGANIC**  
ingredients

## Tiny Spiced Snowball Cookies

**Active time:** 10 minutes

**Total time:** 22 to 25 minutes

- ½ cup whole walnuts
- 1 cup whole wheat pastry flour
- 1 cup barley flour
- ½ teaspoon salt
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ½ teaspoon ground nutmeg
- ¼ teaspoon ground allspice
- ¼ teaspoon ground cloves
- Zest of one small lemon
- 1 tablespoon ground flaxseed
- 2 tablespoons warm water
- ½ cup unsalted butter, softened, plus more for greasing the baking sheet
- ½ cup dark brown sugar
- ¼ cup honey
- ¾ cup powdered sugar

**parent:** Preheat the oven to 350°.

**parent & child:** Measure the walnuts and place them in a zip-top bag, making sure to press all the air out of the bag before sealing it shut.

**child:** Use a rolling pin to crush the walnuts into the smallest pieces you can. Start by slowly rolling over the walnuts, like a steamroller, and then hold the rolling pin with both hands and bang on the nuts a few times to finish.

**parent & child:** Measure the flours, salt, and spices, and place them in a medium bowl. Add the lemon zest and use a whisk or fork to mix well. The spices and lemon zest are what give these cookies their special holiday flavor!

**child:** In a small bowl, stir together the flaxseed and warm water until the mixture has thickened slightly. After 1 to 2 minutes, it should feel a little bit like cooked oatmeal.

**parent:** In a large bowl or stand mixer, beat the butter and brown sugar until fluffy, 1 to 2 minutes. Add the honey and flaxseed mixture, and beat to combine, 1 minute more.

**parent & child:** Add the flour mixture to the

butter and sugar mixture in three batches, mixing well with each addition.

**parent & child:** Lightly grease a baking sheet with butter, then follow the Cooking Class instructions to shape the cookies and place them on the sheet.

**parent:** Bake the cookies for 12 to 14 minutes, or until brown along the bottom edges. Remove from the oven and cool for about 5 minutes, or until cool enough to touch.

**child:** While the cookies bake, place the powdered sugar in a wide, shallow bowl or on a large plate. Once the baked cookies are just cool enough to touch, use your fingers to toss each cookie gently in the powdered sugar to cover it in “snow”!

**parent & child:** Place the sugarcoated cookies on a wire rack to cool completely. Cookies will keep in an airtight container for up to 3 days.

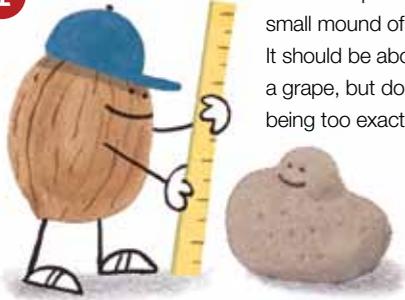
### Makes about 60 cookies

Per cookie: calories 58, fat 3 g, protein 1 g, carbohydrates 8 g, dietary fiber 1 g

# COOKING CLASS

## How to shape a cookie

1



Use a teaspoon to scoop out a small mound of cookie dough. It should be about the size of a grape, but don't worry about being too exact.

Gently roll the cookie dough in the center of your flat (clean!) palms to form a round little ball. Roll it around 5 or 6 times, working quickly to keep the dough from getting too warm between your hands (which could cause the butter to start melting, making your cookies greasy).

2

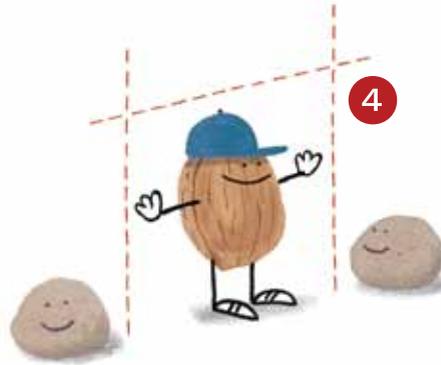


3



Place the cookie dough ball on the baking sheet. With your pointer finger, lightly press down on the top of the cookie to flatten the top slightly.

4



Repeat with the rest of the dough, being careful not to place the cookie dough balls too close together on the baking sheet so they have room to bake (the width of two or three fingers is good). Now the cookies are ready to bake!