From the Kitchen
of
Executive Chef Jessica VanRoo

Spider Web Cookies

Serves 12

311 calories per serving

Description from Live Well UCI Health Blog: www.ucihealth.org/blog

These eye-catching black-and-white cookies use more healthful ingredients than the typical sugar cookie and may also help boost your brain health.

Ingredients

Cookie dough
- 2¼ cups blanched almond flour
- ½ cup tapioca flour or arrowroot
- ¾ teaspoon baking soda
- ¼ teaspoon sea salt, finely ground
- ½ cup butter or vegan butter
- ½ cup pure maple syrup
- 1 large egg
- 2 teaspoons pure vanilla extract

White icing
- 1½ cups powdered sugar
- ½ teaspoon pure vanilla extract
- 1 teaspoon lemon juice
- 1 tablespoon water, more as needed

Black icing
- 1¼ cups powdered sugar
- ¼ cup dark cocoa powder
- 1 teaspoon pure vanilla extract
- 2½-3 tablespoons water, more as needed

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UCI Susan Samueli Integrative Health Institute

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Dough
1. Preheat oven to 350 degrees and line two baking sheets with parchment paper.
2. Whisk flour, baking soda and salt in a bowl and set aside.
3. In another large bowl, whisk or beat the butter and maple syrup until well combined.
4. Add room temperature egg and vanilla extract, mix until well combined.
5. A dry ingredients to butter mixture and blend thoroughly until a dough forms.
6. Refrigerate 15 to 20 minutes.
7. Split cold dough into 12 evenly sized balls.
8. Flatten each ball to a thickness of about half to three-fourths of an inch on prepared baking sheets, leaving at least 1 ½" inches between each cookie.
9. Bake 10 to 12 minutes or until they begin to brown.
10. Remove from oven, allowing cookies to cool on baking sheets at least 10 minutes before transferring them to a cooling rack.

Icing
1. Mix ingredients for each color in separate bowls, adding more water or powdered sugar to get desired consistency.
2. Spread white frosting on half the cookie, then black frosting on the other half.
3. To make a spider web design, spread a layer of black frosting on the cookie. Then using a small squeeze bottle, add a swirl of white frosting in the center, then draw lines with a toothpick to spread the white frosting outward, creating a web design.
4. Allow frosting to set, then serve.

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