

PREPARATION: 20 MINUTES

CHILL: 1 HOUR

BAKING: 10-12 MINUTES

MAKES 30 COOKIES

# CRISPY ORANGE SESAME COOKIES

## Nutrient Analysis

PER SERVING: 1 Cookie

RENAL EXCHANGE: 1 Starch

Calories	<b>74 Kcal</b>	Sodium	<b>46 mg</b>
Protein	<b>1 g</b>	Potassium	<b>16 mg</b>
Total Carbohydrate	<b>13 g</b>	Phosphorus	<b>15 mg</b>
Fiber	<b>0 g</b>	Calcium	<b>6 mg</b>
Sugars	<b>6 g</b>	Iron	<b>1 mg</b>
Fat	<b>2 g</b>	Magnesium	<b>3 mg</b>
Saturated	<b>0 g</b>	Vitamin C	<b>0 mg</b>
Cholesterol	<b>6 mg</b>		

## Diet Types

- CKD Non-Dialysis
- Dialysis/Diabetes
- Dialysis
- Transplant

# CRISPY ORANGE SESAME COOKIES

## INGREDIENTS

2 cups all-purpose flour

½ teaspoon baking soda

½ cup no salt margarine

¾ cup white sugar

3 tablespoons honey

1 egg

½ teaspoon vanilla extract

1½ teaspoons orange zest  
(or lemon zest)

2 tablespoons dried blueberries,  
finely chopped

2 tablespoons cornstarch

1 tablespoon sesame seeds



**Garnish (mix in small bowl)**

1 tablespoon sesame seeds

1 teaspoon sugar

2 drops food coloring of choice

## PREPARATION

- 1 Whisk together flour and baking soda. Set aside.
- 2 Prepare wet ingredients in a large bowl. Beat together margarine, sugar and honey until the mix becomes fluffy. Add the egg, vanilla extract, zest, blueberries, cornstarch and sesame seeds and beat well.
- 3 Add the flour mix to the wet ingredients and blend both with a spoon until a smooth dough forms.
- 4 Roll dough in wax paper and form a log of approx. 1½ inches in diameter.
- 5 Freeze for 1 hour or more.

### To Bake

- 6 Preheat conventional oven to 350°F
- 7 Cut ½ inch thick slices and garnish each slice with a sprinkle of sugared sesame seeds.
- 8 Place slices on a tray lined with parchment paper. Bake for 10–12 minutes.
- 9 Remove cookies from tray and cool on racks.

## NOTES

- ✓ *The cookies are low in potassium and phosphorus and non-diabetic patients can have two!*
- ✓ *You may want to double the recipe because the cookie dough keeps well in the freezer.*
- ✓ *If you want to make the recipe more simple, you can leave out the blueberries and the garnish.*

Presented by

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