Crispy Orange Sesame Cookies

PREPARATION: 20 MINUTES
BAKING: 10-12 MINUTES
CHILL: 1 HOUR
MAKES 30 COOKIES

Nutrient Analysis

<table>
<thead>
<tr>
<th>PER SERVING: 1 Cookie</th>
<th>RENAL EXCHANGE: 1 Starch</th>
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</thead>
<tbody>
<tr>
<td>Calories: 74 Kcal</td>
<td>Sodium: 46 mg</td>
</tr>
<tr>
<td>Protein: 1 g</td>
<td>Potassium: 16 mg</td>
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<tr>
<td>Total Carbohydrate: 13 g</td>
<td>Phosphorus: 15 mg</td>
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<tr>
<td>Fiber: 0 g</td>
<td>Calcium: 6 mg</td>
</tr>
<tr>
<td>Sugars: 6 g</td>
<td>Iron: 1 mg</td>
</tr>
<tr>
<td>Fat: 2 g</td>
<td>Magnesium: 3 mg</td>
</tr>
<tr>
<td>Saturated: 0 g</td>
<td>Vitamin C: 0 mg</td>
</tr>
<tr>
<td>Cholesterol: 6 mg</td>
<td></td>
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</tbody>
</table>

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
- ½ 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.