

Fruit-Filled Cookies*

Ingredients

1/2 cup butter softened	1 egg, beaten
3 oz Neufchâtel cream cheese or light cream cheese	1 tsp cold water
1 tsp vanilla	½ cup frozen raspberries thawed and smashed with a fork or ¼ cup no sugar added jam any flavor or chia seed jam (see recipe at bottom)
1 cup all-purpose flour and extra for dusting	
1/8 tsp salt	

Equipment

Large bowl	Sheet pan
Electric mixer	Stove— have adult help
Small bowl	Rolling pin
Fork	Tablespoon
Large spoon	Round cookie cutter or glass
Plastic wrap	Small bowl
Measuring spoons	Whisk
Measuring cups	

Directions

1. Cream together butter, cream cheese, and vanilla.
2. In a separate bowl combine flour and salt. Slow add flour mixture to butter and cream cheese until a soft dough forms.
3. Once combined, separate into two balls, wrap in plastic wrap. Place in the refrigerator for 2 hours or until firm.
4. Preheat oven to 375
5. Once completely chilled remove one ball at a time. Place a ball of dough on a lightly floured surface and use a rolling pin to roll out to about 1/8-inch thickness. Use a glass or round cookie cutter to cut 3-inch rounds from the dough.
6. Beat egg with 1 tsp water. Set aside.
7. Place 1/2 tsp of jam or smashed raspberries in the center of each circle. Brush the edges of the circle with the beaten egg mixture. Use your fingers to bring the edges of the dough together to create a seal. A small amount of the fruit will be visible. Repeat with remaining dough and fruit.
8. Place formed cookies on a baking sheet and brush with egg mixture. Bake for 12 minutes or until golden brown. Allow to cool slightly and then place on a wire rack.

😊 Children can measure and dump the ingredients into the bowl. Allow them to roll out the dough and practice measuring skills to ensure it is rolled out to 1/8-inch thickness, have them measure the circles. Check the italicized portions of the recipe for things to have the kids to do.

🍏 Health benefits: Still a cookie and to be enjoyed in moderation, there is no added sugar in this recipe. It is also lower in salt and preservatives than most store-bought cookies.

*Recipe adapted from The Sugar Free Desserts Cookbook

Chia Seed Jam: Mix 1 ½ cups frozen thawed berries or soft fruit of your choice in small bowl. Use a fork to thoroughly smash into a paste like consistency. Add 2 tablespoons chia seeds and stir to combine. Allow to sit at room temperature or in the fridge for 20 minutes. The seeds will begin to form a gel and thicken the fruit juices. Will keep in the fridge for 2-3 days or freezer for 2- 3 months.