

Jam Thumbprint Cookies

This recipe is a classic during the Holiday season but is delicious any time of year! Any flavor of jam, preserves, or marmalade can be used for a variety of flavors in one batch.

YIELD 12 SERVINGS	PREPTIME 20 MIN	TOTAL TIME 30 MIN
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INGREDIENTS

½ cup	Flour, bleached, all-purpose
½ cup	Whole Wheat Flour
½ tsp	Kosher Salt
½ cup	Butter, unsalted (1 stick)
¼ cup	Sugar, granulated
1 each	Egg Yolk
½ tsp	Vanilla Extract
2 Tbsp	Jam or Preserves, any variety, divided



CHEF'S NOTES

Try out Mama D's Strawberry Kiwi or Mixed Berry jam in this recipe. You can find them at the ReFresh Farmer's Market on Mondays from 4-7 PM at 2606 St. Louis Street. Her jams are homemade with all-natural ingredients & they taste amazing, too! This recipe uses whole wheat flour to incorporate more fiber and whole grains, giving this traditional recipe a little added boost of nutrition.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 350°F.
2. In a large bowl, whisk together the flours and salt.
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4. In another bowl, using a hand mixer, beat the butter and sugar until fluffy, about 3 minutes (you can also make these cookies in a stand mixer with a paddle attachment). Beat in the egg yolk and vanilla extract until combined.
5. Slowly add the dry ingredients to the wet, while mixing on low speed, and blend until just incorporated.
6. Scoop the cookie dough into 2 Tbsp balls and place on baking sheet and press thumb into center of each ball, making a ½ inch deep well. Fill each thumbprint with ½ tsp of jam.
7. Place baking sheet in the oven and bake until the edges are golden brown, about 8 minutes.
8. Place cookies on cooling rack until ready to be served.

Nutrition Facts

12 servings per container

Serving Size 1 cookie (29 g)

Amount per serving

Calories 130

% Daily Value *

Total Fat 8g 10%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 35mg 12%

Sodium 80mg 4%

Total Carbohydrate 14g 5%

Dietary Fiber less than 1g 2%

Total Sugars 6g

Includes 4g Added Sugars 8%

Protein 2g 3%

Vitamin D 0.08mcg 0%

Calcium 5mg 0%

Iron 0.28mg 0%

Potassium 28mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

