HALLOWEEN SUGAR COOKIE GHOSTS
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MAKES 32 COOKIES (1 cookie per serving)

Ingredients
1 cup – salted butter, at room temperature
3/4 cup – vegetable oil
1 1/4 cups – granulated sugar
3/4 cup – powdered sugar
4 tablespoons – lowfat milk
2 – eggs, at room temperature
5 cups – all-purpose flour
1/2 teaspoon – baking soda
1/2 teaspoon – cream of tartar
3/4 teaspoon – salt
32 pieces of candy corn

Pair each serving with: 8-ounce glass of real milk - classic or chocolate - and enjoy!

Directions
1. Preheat oven to 350 degrees and very lightly grease a baking sheet or line it with parchment paper.
2. In a large bowl, cream together butter, vegetable oil, 1 1/4 cups sugar, powdered sugar, milk, and eggs.
3. In a second large bowl, whisk together flour, baking soda, cream of tartar, and salt.
4. Add dry ingredients to wet ingredients and mix until dough comes together.
5. Divide dough into two sections, and wrap each in plastic wrap. Chill for 30 minutes.
6. Unwrap one half of the dough and roll out on a floured surface until it’s about 1/4 – 1/2 inch thick. Using a ghost-shaped cookie cutter, cut out the dough and place the ghosts on the prepared baking sheet, about 2-3 inches apart.
7. Roll some small pieces of tin foil so that they’re roughly the same size as a piece of candy corn, and place one in the center of each ghost. Then, gently bend each ghost’s arms around the tin foil as if it were giving it a hug.
8. Bake for 8-11 minutes until cookies look dry but not browned. Allow to cool on baking sheet for 4-5 minutes, then transfer to a cooling rack to cool completely. Repeat process with remaining cookie dough.
9. Remove tin foil and replace with candy corn.

Nutrition: 320 calories; 14 g fat; 6 g saturated fat; 35 mg cholesterol; 11 g protein; 39 g carbohydrates; 1 g fiber; 240 mg sodium; 309 mg calcium. Nutrition figures include an 8-ounce glass of lowfat classic milk.