



## Soft Whole Wheat Sugar Cookies

### **Ingredients:**

1 cup white sugar  
1 tsp. baking powder  
1/2 tsp. salt  
1/2 tsp. baking soda  
1/2 cup flavoring (butter, shortening)  
2 Tbsp. milk  
1 tsp. apple pie spice  
1 tsp. vanilla extract  
1 egg  
2 cups wheat flour  
2 tsp. white sugar  
1/2 tsp. ground cinnamon  
1/2 lb. candy (chocolates)

### **Procedure:**

Preheat oven to 375°F (190°C).

In large bowl, combine first 10 ingredients and blend well. Stir in whole wheat flour. Shape into 1 inch balls and place on ungreased cookie sheet, 2 inches apart. Flatten each cookie slightly with a fork. Combine sugar and cinnamon and sprinkle over each cookie. Decorate with M and M's.

Bake in pre-heated oven for 8 to 10 minutes or until light golden brown.

