



Merry Christmas from Stephenie & Kendra!

Please enjoy these gifts made with love! The recipes are listed here:

Rolo Pretzel Candy

Nutrition Info

Calories: 34.0

Fat: 1.0g

Carbohydrates: 5.6g

Protein: 0.2g

Ingredients

- 1 Rolo Candy, unwrapped
- 2 mini pretzel twists

Directions

Preheat the oven to 250F. Unwrap the Rolos. Place pretzel twists on a cookie sheet. Place the Rolo candy atop each pretzel. Heat in the oven 3-4 minutes to soften the Rolo. Remove from the oven and press a second pretzel into the Rolo to flatten it. Refrigerate to harden, and remove to cookie tins. They don't require refrigeration and probably taste best if room temperature. Perhaps keeping them in the fridge will keep them out of sight so you eat less!

Serving size: 1 piece

Ritzy Thin Mint Cookies

Nutrition Info

Calories: 63.0

Fat: 3.4g

Carbohydrates: 8.2g

Protein: 0.4g

Ingredients

- 1 sleeve of Reduced-Fat Ritz crackers, ~40 crackers
- 1 bag of Wilton Dark Cocoa Mint Flavored Candy Melts (get at a craft store, like Michael's)

Directions

Follow the directions to melt the chocolate (I use the double-boiler method). Place 1 cracker in the chocolate and coat; use a fork to lift it out and place it on waxed paper. Repeat until out of chocolate. Allow the cookies cool before storing in an airtight container.

Total number of cookies: ~40

Serving size: 1 cookie

Easiest holiday cookies

Nutrition Info

Calories: 42.6

Fat: 1.4g

Carbohydrates: 6.8g

Protein: 0.9g

Ingredients

- 1 box of yellow cake mix
- 8 oz low fat cream cheese
- 1/4 cup butter
- 1/2 cup confections sugar

Directions

Soften the cream cheese and butter in the microwave. Stir in the cake mix. Roll into 1 inch balls and bake at 350 degrees for 10 minutes. Sprinkle with powdered sugar while warm and store in the refrigerator before gifting.

It's not necessary to refrigerate these cookies after gifting.

Total number of cookies: ~72

Serving size: 1 cookie

