

Helping Hands Cookies

By Sr. Maria Grace Dateno, FSP

These are a great idea for Mother's Day! The cookies represent the ways *you* can offer to be a "helping hand" for your mother, not just on Mother's Day, but whenever she asks. (You can use this spice cookie recipe, or any recipe for making cut-out cookies.)



Ingredients:

- 2 cups flour
- 1 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon ginger
- 1/4 teaspoon white pepper
- 1 teaspoon cinnamon
- 1/2 cup margarine
- 1 cup sugar
- 1 egg
- 1 tablespoon milk
- For icing:
- 1 1/2 cups powdered sugar, sifted
- approximately 3 tablespoons milk
- 1 teaspoon vanilla extract
- food coloring

Instructions:

1. Measure the first six ingredients and put them through a sifter.
 2. In a separate bowl, cream together the margarine and sugar until they are light and fluffy. Beat an egg into the sugar mixture.
 3. Stir the flour mixture into the sugar mixture, along with the milk. Mix until well blended. Then, cover with plastic wrap and put the dough in the refrigerator for 1 hour. This makes it easier to roll out and cut.
 4. On lightly floured surface, roll the dough to about 1/4 inch thick. (Use flour on the rolling pin, too.) Put your hand gently onto the dough (don't press down). Trace around it with a toothpick, then cut with a knife. (Or, you can make a paper tracing of your hand, cut it out, and use that to cut around.)
 5. Bake on an ungreased cookie sheet at 350 degrees for about 10 minutes, or until very lightly brown at the edges.
 6. After the cookies are cool, you can decorate them. Mix the powdered sugar with the milk and vanilla extract. Separate some of the icing in other bowls and use food coloring to make pink for fingernails, etc. Use small candies and sprinkles to decorate.
- After the icing hardens, write your helping hands promises on little slips of paper and wrap them around the cookies.
- Makes about 12 cookies (depending on size of hands).

