

Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

Cream Cheese Sugar Cookies

1 cup (250 mL) sugar
1 cup (250 mL) soft creamy butter
1 4-ounce package cream cheese, softened
½ teaspoon (2.5 mL) Ontario salt
½ teaspoon (2.5 mL) almond extract
1 teaspoon (5 mL) pure vanilla extract
1 farm fresh egg yolk
2 ¼ cups (560 mL) cups all-purpose flour

Preheat oven to 375F (190C). In a large bowl of an electric mixer combine sugar and butter until thick and creamy, about 2 minutes. While mixer is running on medium-low speed, add the cream cheese, salt, almond and vanilla extracts and egg yolk. Beat for another minute until smooth. Reduce speed and slowly add flour. Mix until well blended. Chill dough for an hour or freeze for up to 3 weeks.

On a lightly floured surface, roll out half the dough to 1/4-inch thickness. Refrigerate the rest. Cut into desired shapes with lightly floured cookie cutters.

Place 1-inch apart on parchment lined cookie sheets and bake for 7 to 10 minutes or until edges begin to turn golden. Repeat with remaining cookie dough. Cool cookies completely before icing. Makes approximately 3 dozen cookies.



Recipe + photo courtesy of Lynn Ogryzlo

Episode #41: Local Ontario Culinary Experiences

*Email Lynn with questions or comments at
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Because What You Put In Your Body Matters!