

**Thimble Cookies**

½ cup	butter	125	mL
¼ cup	granulated sugar	50	mL
1	large egg, separated	1	
½ tsp.	vanilla	1	mL
1 cup	unbleached all purpose flour	250	mL
2 tbsp.	whole flaxseed	25	mL
1/3 cup	ground flaxseed	75	mL
¼ cup	jam or jelly	50	mL

- Preheat oven to 350° F (180° C).
- In a bowl, cream butter and sugar until light and fluffy.
- Beat egg yolk and vanilla. Add to creamed mixture. Stir well.
- Add flour and whole flaxseed into creamed mixture. Mix well.
- Roll into small balls.
- In a small bowl, whisk egg white until frothy.
- Dip cookies in egg white and roll in ground flaxseed.
- Place on an ungreased cookie sheet and dent the centre with a thimble or your finger.
- Bake 5 minutes.
- Dent cookies again and continue to bake for 8 to 10 minutes, until cracks around edges are dry looking and bottoms are lightly browned.
- Remove from sheet, cool and fill centres with jam or jelly using slightly rounded ¼ tsp. (1 mL) measure.

Yield: 24 cookies 1 ¾ inches (4 cm)

Serving Size: 2 cookies

Preparation Time: 20 minutes

**Single Serving Nutrient Values**

Calories	157.87	
Protein	2.37	g
Carbohydrate	16.46	g
Fiber	1.21	g
Fat	9.84	g
Saturated	5.71	g
Monounsaturated	2.87	g
Polyunsaturated	.78	g
Cholesterol	39.31	mg
Folate	16.34	mcg
Potassium	33.15	mg
Sodium	88.31	mg