

Sweet Cinnamon Hearts

Makes 32 cookies



3/4 cup sugar
2 1/2 tsp ground cinnamon
1 (17.3 oz) package puff pastry, thawed

Preheat oven to 450° F. Line 2 baking sheets with parchment paper. Combine sugar and cinnamon in bowl. Sprinkle work surface with 2 Tbsp of sugar mixture. Open 1 puff pastry sheet, with 3 fold lines parallel to the edge of the work surface. Roll with rolling pin a few times to help close any cracks. Sprinkle 2 Tbsp sugar mixture on puff pastry, and roll lightly to press mixture into pastry. Flip and repeat to coat the second side.

Fold short ends to the first fold line. Fold again so that the 2 folds meet in the middle. Fold one half over the other to make a log. Cut log into 16 slices. Dip sides in sugar mixture and place on baking sheets, cut side up. Repeat with other puff pastry. Bake 6 minutes, and flip with spatula. Bake another 3 to 5 minutes, or until both sides are caramelized. Cool on wire rack.

Nutrition Information Per Cookie:

70 calories, 3.5 g total fat (1 g saturated fat), 1 g protein, 65 mg sodium.

Recipe adapted from www.vegetariantimes.com

