



# SWEETHEART COOKIES

## INGREDIENTS

- 2 eggs
- 1/2 cup sugar
- 6 Tbsp vegetable oil (I use sunflower oil)
- 2 3/4 cups flour ( I use 00 flour), plus more as needed
- 1 tsp Baking Powder
- 1 tsp lemon extract (or zest from one lemon)
- Red jam and powdered sugar as needed

## DIRECTIONS

1. Place eggs, sugar, oil, lemon extract and baking powder in a large bowl.
2. Mix well with a fork or with hand mixer until blended.
3. Add flour, a little at a time.
4. Remove dough (it will be sticky) and place on a well floured surface.
5. Knead by hand, adding a bit more flour as needed to achieve a smooth dough that won't stick to your fingers anymore.
6. Form little balls (about 1 1/2 inch in diameter) by pinching a little dough at a time.
7. Place balls on a parchment-lined cookie sheet.
8. Using a flat bottom glass, squish each ball gently into a 2 1/2 inch circle.
9. Press the tip of your index finger in the center of each cookie, making three indentations to form a heart (two side-by-side, one on bottom center).
10. Fill indentations with red jam of your choice.
11. Bake in 350F oven for about 20 minutes or until bottoms are golden.
12. Cool and sprinkle with powdered sugar before serving.



## NONNA'S TIPS

- All purpose flour can be used instead of 00 (Double zero) flour.
- If you don't want to make a heart in the center, just make a thumbprint and fill it with jam.
- You can substitute the lemon extract with the zest of one lemon.
- Don't use olive oil because the taste may be too strong for the delicate fragrance of this cookie.
- I prefer sunflower oil since it's a "light" oil, perfect for baking.
- Don't over-bake! These cookies will stay pale so, the only way to know they are done, is by checking the bottoms.