



# Energy Symbol Cookies

## Ingredients

4 cups confectioners' sugar, sifted  
3 tablespoons meringue powder  
9 to 10 tablespoons water, divided  
Blue, yellow, red, green, black concentrated food colors  
Edible markers

*Ingredients for your favorite sugar cookie dough, or 3-inch sugar cookies.  
Makes about 24 cookies.*

## Procedure

Preheat the oven to desired temperature and line two baking sheets with parchment paper.

### **Making the Sugar Cookies:**

Roll and cut out your favorite sugar cookie dough using a 3 1/4-inch round cookie cutter to cut out the cookies. Place them on the lined baking sheets 2-inches apart to leave room for spreading. Re-roll the dough and continue to cut out more rounds.

Bake until lightly golden on the edges.

Allow the cookies to cool for 5 minutes and then transfer to a cooling rack to cool completely.

### **Making the Icing:**

While the cookies cool, make the royal icing. Place the confectioners' sugar, meringue powder and 5 tablespoons of water in the bowl of an electric stand mixer and beat slowly until blended. Then on medium speed, beat until the icing forms stiff peaks, about 3 minutes. Add more water if the icing is too stiff. The border icing should be the consistency of toothpaste. Color the thick royal icing using concentrated food coloring. Stir the icing until no streaks remain.

Place the thick royal icing into a piping bag fitted with a number 2 round piping tip.

### **Decorating the Cookies:**

Cut out energy symbol stencil and place in the center of the cookie. Holding down the stencil with one hand, trace around the edge of the stencil with edible marker. Remove stencil when finished tracing.



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Using the thick royal icing, pipe directly over the stencil lines on the cookie. Next, pipe a border around the outer edge of the cookie. Use a paintbrush and a bit of water to smooth out any imperfections. Repeat with remaining cookies.

Allow the cookies to set for at least 30 minutes. Meanwhile, make the flood icing.

To create the flood icing, add 1 tablespoon of water at a time to the remaining, colored icing to thin it out gradually. When you pull up a spoonful of the icing, it should fall back on itself and disappear within a few seconds. The consistency should be like shampoo.

Place the flood icing into a pastry bag fitted with a #4 round piping tip and sit upright in a mug or container so the icing doesn't pour out.

Use the flood icing to fill in the cookie starting around the edges and working inwards. Use a toothpick to move the icing into the smaller crevices and to pop any air bubbles in the icing. Once the cookie is completely flooded, set aside to dry.  
Repeat until all the cookies are flooded.

Allow the cookies to dry, uncovered for at least 6 hours, or up to overnight.



