
Treat Time

Blessing Cookies

Prep Time: 15 minutes

Bake Time: 15 minutes

Ingredients: 2 large egg whites
1/2 teaspoon pure vanilla extract
3 tablespoons vegetable oil
8 tablespoons all-purpose flour
1 1/2 teaspoons cornstarch
1/4 teaspoon salt
8 tablespoons granulated sugar
3 teaspoons water



Instructions: Print out and cut the blessing papers on the next page.
Preheat oven to 300 degrees F. In a medium bowl, lightly beat the egg white, vanilla extract and vegetable oil until frothy, but not stiff. Sift the flour, cornstarch, salt and sugar into a separate bowl. Stir the water into the flour mixture. Add the flour mixture into the egg white mixture and stir until you have a smooth batter.

Place level tablespoons of batter onto a greased cookie sheet, spacing them at least 3 inches apart. Gently tilt the baking sheet back and forth and from side to side so that each tablespoon of batter forms into a four inch circle.

Bake 14 - 15 minutes, until the outer 1/2-inch of the cookies turn golden brown and they are easy to remove from the baking sheet with a spatula. Working quickly place a blessing paper in the middle of each cookie and then fold the edges together to form a half circle. Then gently fold the cookie into a half moon shape, with the seam side facing out. Place finished cookies in the cups of a muffin tin until they cool, so they will keep their shape.

Treat Time: Give each family member a Blessing Cookie. Read them out loud and discuss the blessings Ammon was grateful for, and discover similar blessings in your life.

"And now, I ask, what great blessings has he bestowed upon us? Can ye tell?" (Alma 26:2)

Blessing Papers:

Print out the blessing papers below for the blessing cookies. Cut on the solid lines, and fold on the dotted lines. One half of the paper lists a blessing Ammon was grateful for (see Alma chapter 26). The other side has a question to help family members discover similar blessings in their own lives.

Ammon was grateful to be able to help the Lamanites by teaching them the gospel.	How have you been able to help others?
Ammon was grateful for miracles he saw among the Lamanites.	What miracles have you seen?
Ammon was grateful for his new friends.	Do you have friends and family you're grateful for?
Ammon was grateful for God's help.	How has God helped you?
Ammon was grateful for repentance.	How does repentance bless you?
Ammon was grateful for the truth of the gospel.	How do gospel truths bless you?
Ammon was comforted in his trials.	How has God comforted you?
Ammon was grateful that God loves all people.	How do you feel God's love?