

Happy-Feet Cookies

From PowerXpress! Cooking Workshop

Supplies:

Recipe ingredients

Oven

Small microwave safe bowl

Microwave

Mixing bowls

Mixing spoons

Rolling pins

Foot-shaped cookie cutter (available from specialty stores or online.)

Spatula

Cookie sheets

Ingredients:

1 package sugar cookie mix

¼ cup all-purpose flour, plus extra for rolling the dough

½ cup margarine or butter

1 egg

1 envelope (2-quart size) unsweetened soft drink mix (any flavor)

Decorating gels or frosting

Optional: assorted decors, candies, coconut, mini chocolate chips

1. Preheat oven to 375 F
2. Place margarine in a small bowl and melt in the microwave.
3. In a mixing bowl, combine cookie mix, flour, melted margarine, egg and drink mix powder.
4. Flour the work surface and the rolling pin.
5. Give each person a small piece of dough and show how to roll out the dough to ¼ inch.
6. Let each person cut the dough with foot-shaped cookie cutters (or make a foot shape with the dough)
7. Place the foot shapes 1-inch apart on an ungreased cookie sheet.
8. Bake 7 to 9 minutes or until edges are light golden brown.
9. Cool 1 minute before removing from cookie sheet. Cool completely for about 30 minutes.
10. Use decorating gels and icing to turn the feet into happy feet! Paint on nails, add toe rings, and so forth.

While baking and cooling the cookies, talk about the Bible Story (John 5:2-9) and the situation of the man who was lame.

Ask: What do you do with your feet?

Say: Imagine being the man in the story. He had never kicked a ball or stood on his tiptoes. He could not even wiggle his toes. He may have given up hope of ever being able to use his feet.

How do you think he felt about his feet? After Jesus healed his legs and feet, imagine how different he felt!