

# LEMON DROP COOKIES



Looking for a new delicious cookie recipe?

Try these lemon drop cookies. The lemon zest flavor makes them a perfect treat to bring to your next family gathering. Recipe yields: approximately 20–30 small cookies.

## Ingredients\*

- 2 egg whites, room temperature
- ¼ teaspoon cream of tartar
- ⅛ teaspoon salt
- ½ teaspoon fresh lemon zest
- ½ teaspoon lemon extract
- ½ teaspoon vanilla extract
- ½ cup sugar or stevia sugar substitute
- ¼ cup powdered sugar (optional)
- Pastry bag (optional)
- Parchment paper
- Large cookie sheet
- Hand mixer

## Steps

1. Preheat oven to 250 degrees
2. Line large baking sheet with parchment paper
3. In a bowl, add the egg whites, cream of tartar, salt, lemon zest, lemon extract, and vanilla extract. Beat with hand mixer on medium-low until soft. Scrape sides of bowl often
4. Increase hand mixer speed, adding small amounts (1–2 tablespoons) of sugar or sugar substitute at a time. Do not add sugar too quickly
5. Turn speed to high and continue to beat mixture until stiff peaks form
6. Drop 1 tablespoon of cookie mixture lightly onto parchment paper and twirl at top. Repeat until all the mixture has been used. A pastry bag can be used to dispense cookie mixture (optional)
7. Bake for about 1 hour and turn oven off. Do not let cookies brown while baking
8. Leave in oven for 1 hour until hardened and no longer soft and sticky. Remove from oven and allow to completely cool
9. Lightly sprinkle powdered sugar on top (optional)
10. Store in an airtight container

\*Recipe can be doubled, but you will need a second large cookie sheet



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*This recipe was created by our RealSupport™ nutritionist especially for our members. Remember, please talk to your health care provider to determine if this recipe or any other food is appropriate for you.*

Please note that Novartis Pharmaceuticals Corporation does not endorse the use of any foods highlighted in this article; all information is provided for educational purposes only. Use of any food in this recipe is not intended to treat or cure carcinoid syndrome. You are advised to speak to your health care provider before introducing new foods into your diet.

Please see Important Safety Information on page 2.

Please [click here](#) for full Prescribing Information.

Brought to you by RealSupport™, a patient information and support program for those with the severe diarrhea and flushing of carcinoid syndrome. RealSupport™ is provided by Novartis Pharmaceuticals Corporation, the maker of Sandostatin® LAR Depot (octreotide acetate) for injectable suspension. For more information about the RealSupport™ program offerings, please follow us on [www.facebook.com/SandostatinLARDepot](https://www.facebook.com/SandostatinLARDepot).

## INDICATIONS AND USAGE

Sandostatin® LAR Depot (octreotide acetate) for injectable suspension is indicated for patients in whom initial treatment with immediate-release Sandostatin® (octreotide acetate) Injection has been shown to be effective and tolerated for

- Long-term treatment of the severe diarrhea and flushing episodes associated with metastatic carcinoid tumors
- Long-term treatment of the profuse watery diarrhea associated with VIP-secreting tumors

In patients with carcinoid syndrome and VIPomas, the effect of Sandostatin Injection and Sandostatin LAR Depot on tumor size, rate of growth, and development of metastases has not been determined.

## IMPORTANT SAFETY INFORMATION

**Warnings and Precautions:** Treatment with Sandostatin LAR Depot may affect gallbladder function, with postmarketing reports of gallstones resulting in complications (inflammation of the gallbladder, bile duct, and pancreas, and requiring surgical removal of the gallbladder); sugar metabolism; thyroid and heart function; and nutritional absorption, which may require monitoring by your doctor. Call your doctor if you experience signs or symptoms of gallstones or any of their complications.

**Before Taking Sandostatin LAR Depot:** Tell your doctor if you have a history of heart disease or are taking other medications, including cyclosporine, insulin, oral hypoglycemic agents, beta-blockers, and bromocriptine.

**Common Side Effects:** Most patients experience side effects at some time. Some common side effects you may experience include back pain, fatigue, headache, abdominal pain, nausea, and dizziness.

**Other Information:** Patients with carcinoid tumors and VIPomas should adhere closely to their scheduled return visits for reinjection in order to minimize exacerbation of symptoms.

**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088. Please [click here](#) for full Prescribing Information.**

**To learn more, call 1-888-NOW-NOVA (1-888-669-6682) or visit [www.sandostatin.com](http://www.sandostatin.com).**

