

Fat-Free Soft and Chewy Brown Sugar Cookies

Ingredients

2 Cups Gold Medal
All-Purpose Flour
1 tsp. Baking Soda
1½ tsp. Cornstarch
¼ tsp. Salt
1 tsp. Cinnamon
2 tsp. Cardamom
1 Cup Applesauce **OR**
(2) 4oz. container Baby Food – of
Purée'd Fruit
1¼ Cup Brown Sugar
(Light or Dark)
2 tsp. Pure Vanilla Extract
4 Tbsp. Egg Whites
½ Cup Organic Cane Sugar, for
rolling



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Prepare Dough

1. Combine the dry ingredients in a large mixing bowl: flour, cornstarch, baking soda, salt, cinnamon, cardamom (optional) and blend completely with chopsticks or two butter knives.
2. Combine the wet ingredients in an electric mixer bowl: applesauce (or baby food purée), egg whites, vanilla and brown sugar and mix until thick and well-blended with no lumps.
3. Add the dry ingredients and mix just until no flour can be seen. (Do not over mix!)
4. Cover the dough and **refrigerate for a minimum of 2 hours** – up to 3 days.

Prepare Cookies

1. Preheat the oven to **335°F**.
2. Line 2 or 3 **light-colored** cookie sheets with parchment paper.
3. Pour the organic cane sugar into a small bowl.
4. Take tablespoons of dough, roll around in sugar to cover, and then cut with scissors to make 2 cookie balls.
5. Place on cookie sheets 3" apart.
6. Bake 8 – 9 minutes and remove from oven.
7. Cool for 10 minutes before removing, as they will seem undone in the middle, but continue to cook from the heat of the pan.

Yield: 40 Fat-Free Delicious Cookies