

SELF Cookies

Super Extra Low-Fat Cranberry-Raisin Cookies

If you love Mrs. Fields Oatmeal-Raisin Cookies, you will love these even more!



Ingredients:

3 oz. Prune Butter (See recipe below) or applesauce or baby food pureed prunes
1 Cup Flour 1 teaspoon Baking Soda
1 Cup Rice Chex (after grinding squares in a food processor)
½ Cup Low-Fat Graham Crackers (after grinding squares in a food processor)
½ Cup Light Brown Sugar
4 oz well-shaken Egg Whites or Egg Beaters
1 teaspoon Vanilla
¼ Cup Agave
½ Cup Raisins
1 Cup Dried Cranberries
40 Dark Chocolate Chips

Making Prune Butter:

1. Take an 8oz package of Pitted Prunes (about 1 1/3 cups) and 6 tablespoons of apple cider or any fruit juice.
2. Place prunes and juice in a food processor, and process at high-speed until the mixture is a smooth paste. (Note that this mixture is too thick to be made in a blender.)
3. Place in an airtight container and store for up to three weeks in the refrigerator. Use for baking recipes by replacing stated amount butter or oil with equal amount of Prune butter.

Cookie Instructions:

1. Combine the flour, baking soda, ground cereal, ground graham crackers, and sugar, and stir (with a butter knife) to mix well.
2. Combine the prune purée, eggbeaters, honey and vanilla extract.
3. Combine the wet ingredients with the dry ingredients and mix well using two butter knives, by crossing them, and moving the knives in opposite directions.
4. Add the raisins and dried cranberries to the mixture and mix well.
5. Place small amount in your palms and roll into ½ - ¾" rounds, then place them on a cookie sheet covered with parchment paper.
6. Bake at 350°F for seven minutes or until the edges turn brown. Do not over bake! Remove cookie sheet from oven.
7. Flatten each cookie slightly with a small spatula and place one inverted dark chocolate chip into the center of each cookie and press down slightly.
8. Allow cooling before removal from the parchment paper and arrange in a container as single layers separated by sheets of waxed paper.

Yield: 40 Cookies. Each cookie contain 65 calories and less than ½ gram of fat.

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