

Cookies and Bars



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Applesauce Spice Cookies

Dotted with Raisins

Applesauce, cloves, and cinnamon taste nice combined in these cakelike, raisin-filled cookies. Top them with a swirl of creamy Maple Powdered Sugar Frosting for an “uptown” look and taste.

YIELD: 48 cookies

SERVING SIZE: 1 cookie

	WEIGHT	MEASURE
Butter-flavored vegetable oil cooking spray	—	—
Lightly packed light brown sugar	11 oz	1½ c
Unsweetened applesauce	3 oz	¼ c + 2 tbsp
Prune purée (page 5) or prune baby food	2 oz	¼ c
Large egg whites	2½ oz	2
Vanilla extract		1 tsp
All-purpose flour	11 oz	2½ c (1⅛ pt)
Salt		1 tsp
Ground cinnamon		1 tsp
Baking soda		½ tsp
Ground cloves		¼ tsp
Firmly packed raisins	4 oz	⅔ c

Preheat oven to 375 degrees F. Coat 2 or 3 baking sheets with cooking spray.

Combine brown sugar, applesauce, prune purée, egg whites, and vanilla in a large bowl. Mix until well blended.

Combine flour, salt, cinnamon, baking soda, and cloves in a medium bowl. Mix until blended. Mix in raisins. Mix dry ingredients into liquid ingredients until blended.

Drop dough by rounded teaspoonfuls onto baking sheets about 1 inch apart. Bake until almost no indentation remains when touched, or about 10 minutes. Remove immediately to a wire rack to cool. Top with Maple Powdered Sugar Frosting (page 222), if desired.

NUTRITIONAL FACTS		
Calories: 58 (1% from fat)	Fiber: .4 g	Calcium: 8.8 mg
Fat: .1 g	Cholesterol: 0 mg	Diabetic Exchanges: ½
Protein: .9 g and 6%	Iron: .5 mg	Starch; ½ Other Carbo-
Carbohydrate: 13.8 g and 93%	Sodium: 66.9 mg	hydrate



Cakelike Dark Fudge Beanie Brownies

These brownies are not related to Beanie Babies, the popular children’s toys, or to the skullcaps worn by schoolchildren in the 1950s. Rather, these low-fat, cholesterol-free, nutrient-dense, dark chocolate brownies are enriched with kidney bean purée. The kidney beans add protein, fiber, vitamins, and minerals to the brownies while giving them a full-fat mouthfeel.

YIELD: 13-by-9-inch brownies

SERVINGS: 24

SERVING SIZE: 2⅛-by-2¼-inch piece

	WEIGHT	MEASURE
Butter-flavored vegetable oil cooking spray	—	—
Canned, unseasoned kidney beans (not drained)	15¼ oz	
Large egg whites, divided	12½ oz	10
Sugar	15 oz	2 c (1 pt)
Unsweetened cocoa powder	2½ oz	¾ c
All-purpose flour	2 oz	¼ c + 3 tbsp
Chopped walnuts	1 oz	¼ c
Stick margarine, melted	½ oz	1 tbsp

Preheat oven to 350 degrees F. Coat a 13-by-9-by-2-inch pan with cooking spray.

Place beans in a strainer; rinse under cold water and drain well. Combine drained beans and 2 egg whites (2½ ounces) in a blender or food processor. Blend until smooth. Add remaining egg whites. Blend until mixed.

Combine sugar, cocoa, and flour in a bowl. Mix until blended. Mix in nuts. Add bean mixture and melted margarine to dry ingredients. Mix until blended.

Spread evenly in prepared pan. Bake until brownies begin to pull away from sides of the pan, or about 35 to 40 minutes. Cool in pan on a wire rack. Cut into 24 bars and serve.

NUTRITIONAL FACTS

Calories: 113 (12% from fat)	Carbohydrate: 23.3 g and 77%	Sodium: 75.7 mg
Fat: 1.6 g (.4 g sat, .5 g mono, .6 g poly)	Fiber: 1.6 g	Calcium: 9.6 mg
Protein: 3.3 g and 11%	Cholesterol: 0 mg	Diabetic Exchanges: ½
	Iron: .7 mg	Starch; 1 Other Carbohydrate; ½ Fat



Carrot Raisin Cookies Topped with Lemon Frosting

There's no need to limit carrots to vegetable side dishes, soups, salads, and the occasional cake. You can feature this popular year-round root vegetable, rich in beta-carotene, in all your favorite sweets—cookies, bars, muffins, quick breads, pancakes, puddings, frozen yogurts, and even pies. For best results, select firm, young, slender carrots that are free of cracks and without deep discoloration around their stems.

YIELD: 42 cookies

SERVING SIZE: 1 cookie

	WEIGHT	MEASURE
Butter-flavored vegetable oil cooking spray	—	—
Unpacked light brown sugar	7 oz	1½ c
Prune purée (page 5) or prune baby food	2 oz	¼ c
Unsweetened applesauce	2 oz	¼ c
Large egg white	1¼ oz	1
All-purpose flour	10 oz	2¼ c (1⅛ pt)
Grated carrots	6 oz	1½ c
Firmly packed raisins	3 oz	½ c
Chopped walnuts, toasted without fat	2 oz	½ c
Baking powder		2 tsp
Finely grated lemon zest		2 tsp
Ground nutmeg		½ tsp
Salt		¼ tsp
Lemon Powdered Sugar Frosting with Finely Grated Zest (page 221)		1 recipe

Preheat oven to 375 degrees F. Coat 2 or 3 baking sheets with cooking spray.

Combine brown sugar, prune purée, applesauce, and egg white in a large bowl. Mix until well blended. Add flour, carrots, raisins, walnuts, baking powder, lemon zest, nutmeg, and salt. Mix until blended.

Drop dough by round teaspoonfuls onto prepared baking sheets about 2 inches apart. Bake until almost no indentation remains when touched, or about 12 minutes. Remove immediately to a wire rack to cool. Top with Lemon Powdered Sugar Frosting.

NUTRITIONAL FACTS		
Calories: 79 (10% from fat)	Carbohydrate: 17.1 g and 84%	Sodium: 30.5 mg
Fat: .9 g (.1 g sat, .2 g mono, .5 g poly)	Fiber: .6 g	Calcium: 8.3 mg
Protein: 1.2 g and 6%	Cholesterol: 0 mg	Diabetic Exchanges: ½
	Iron: .6 mg	Starch; ½ Other Carbohydrate

Chocolate Brownies

Just Like Mom's

You can indulge yourself with these rich and cakelike, low-fat chocolate brownies without much concern for fat or calories. One serving adds less than 1 gram of fat and a mere 89 calories. Dust with powdered sugar, and moms everywhere will feel proud to lend their name to these treats.

YIELD: 13-by-9-inch brownies

SERVINGS: 24

SERVING SIZE: 2½-by-2¼-inch piece

	WEIGHT	MEASURE
Butter-flavored vegetable oil cooking spray	—	—
Prune purée (page 5) or prune baby food	5 oz	½ c + 2 tbsp
Light corn syrup	4 oz	⅓ c
Fat-free milk		½ c
Vanilla extract		½ tsp
Granulated sugar	6 oz	¾ c + 2 tbsp
Large egg whites	2½ oz	2
Large egg	2 oz	1
All-purpose flour	5 oz	1 c + 2 tbsp
Unsweetened cocoa powder	2 oz	½ c + 1 tbsp
Baking powder		1 tsp
Salt		½ tsp
Baking soda		¼ tsp

Preheat oven to 325 degrees F. Coat a 13-by-9-by-2-inch baking pan with cooking spray.

Combine prune purée, corn syrup, milk, and vanilla in a small bowl. Mix until well blended.

Combine sugar, egg whites, and egg in a large bowl. Beat until thick but not stiff. Add prune mixture and mix until well blended.

Combine flour, cocoa, baking powder, salt, and baking soda in a small bowl. Mix until blended. Mix dry ingredients into liquid ingredients until blended.

Spread evenly in prepared pan. Bake until a wooden pick inserted in center comes out clean, or about 24 minutes. Cool in pan on a wire rack. Sift powdered sugar over brownies, if desired. Cut into 24 bars and serve.

NUTRITIONAL FACTS

Calories: 89 (6% from fat)	Carbohydrate: 20.7 g and	Sodium: 88.8 mg
Fat: .6 g (.3 g sat, .2 g mono, .1 g poly)	86%	Calcium: 13.5 mg
Protein: 1.9 g and 8%	Fiber: 1.1 g	Diabetic Exchanges: ½
	Cholesterol: 9 mg	Starch; ½ Other Carbo-
	Iron: .8 mg	hydrate; ½ Fruit



Cinnamon-Sugar Topped Sour Cream Bars with Brandy-Plumped Raisins

If you like to sprinkle cinnamon sugar on your morning toast, you are sure to like these bars. A combination of puréed cooked sweet potatoes and fat-free sour cream keeps the bars moist while reducing their fat content and enhancing their nutritional value.

YIELD: 13-by-9-inch bars

SERVINGS: 24

SERVING SIZE: 2⅛-by-2¼-inch piece

	WEIGHT	MEASURE
Butter-flavored vegetable oil cooking spray	—	—
Firmly packed raisins	2 oz	1/3 c
Brandy		2 tbsps
Firmly packed light brown sugar, divided	7 oz	3/4 c + 2 tbsps
Mashed, peeled sweet potatoes, cooked without salt, or canned drained and mashed sweet potatoes	6 oz	3/4 c
Fat-free sour cream	3 oz	1/3 c
Stick margarine, softened	1 oz	2 tbsps
Large egg white	1 1/4 oz	1
Vanilla extract		1 tsp
All-purpose flour	5 oz	1 c + 2 tbsps
Baking powder		1/2 tsp
Baking soda		1/2 tsp
Salt		1/4 tsp
Ground cinnamon		2 tsp

Preheat oven to 350 degrees F. Coat a 13-by-9-by-2-inch baking pan with cooking spray.

Combine raisins and brandy in a small saucepan. Heat to a boil, then remove from heat and set aside to let raisins plump in brandy.

Combine 6 ounces (3/4 cup) brown sugar, sweet potatoes, sour cream, margarine, egg white, and vanilla in a large bowl. Mix until well blended.

Combine flour, baking powder, baking soda, and salt in a small bowl. Mix until well blended. Mix in raisins. Mix dry ingredients into liquid ingredients until blended. Spread batter evenly in prepared pan.

Combine cinnamon and remaining 1 ounce (2 tablespoons) brown sugar in a small bowl. Mix until well blended.

Sprinkle mixture evenly over bars. Bake until a wooden pick inserted in center comes out clean, or about 20 minutes. Cool in pan on a wire rack. Cut into 24 bars and serve.

NUTRITIONAL FACTS

Calories: 82 (11% from fat)	Carbohydrate: 16.8 g and 80%	Sodium: 78.9 mg
Fat: 1 g (.2 g sat, .4 g mono, .3 g poly)	Alcohol: .3 g and 3%	Calcium: 17.9 mg
Protein: 1.2 g and 6%	Fiber: .5 g	Diabetic Exchanges: 1/2
	Cholesterol: 0 mg	Starch; 1/2 Other Carbohydrate
	Iron: .6 mg	

Coconut-Flavored Chocolate Brownie Bars

Most nuts are concentrated sources of fat and calories. Coconut is no exception. Fresh coconut derives 85 percent of its calories from fat. These bars are prepared with a combination of toasted and flaked sweetened coconut and pure coconut extract. The result is less fat and calories without sacrificing coconut's rich, tropical flavor. Pure coconut extract is a must—some imitation coconut extracts smell like suntan lotion. To toast flaked coconut, cook it in a nonstick skillet over medium heat, stirring constantly until golden brown. Because coconut is naturally high in fat, there's no need to coat the pan with oil before toasting.

YIELD: 13-by-9-inch bars

SERVINGS: 24

SERVING SIZE: 2⅛-by-2¼-inch piece

	WEIGHT	MEASURE
Butter-flavored vegetable oil cooking spray	—	—
Unsweetened applesauce	8 oz	1 c
Firmly packed light brown sugar	6 oz	¾ c
Large egg whites	5 oz	4
Pure coconut extract		2 tsp
All-purpose flour	5 oz	1 c + 2 tbsp
Flaked sweetened coconut, toasted without oil	2 oz	¾ c
Unsweetened cocoa powder	2 oz	½ c + 1 tbsp
Baking powder		2 tsp
Salt		½ tsp

Preheat oven to 350 degrees F. Coat a 13-by-9-by-2-inch baking pan with cooking spray.

Combine applesauce, brown sugar, egg whites, and coconut extract in a large bowl. Mix until well blended.

Combine flour, coconut, cocoa powder, baking powder, and salt in a medium bowl. Mix until well blended. Mix dry ingredients into liquid ingredients until blended.

Spread batter evenly in prepared pan. Bake until a wooden pick inserted in center comes out clean, about 20 minutes. Cool in pan on a wire rack. Sift powdered sugar over or coat with Cocoa Mocha Frosting (page 215), if desired. Cut into 24 bars and serve.

NUTRITIONAL FACTS

Calories: 73 (14% from fat)	Carbohydrate: 15.1 g and 76%	Sodium: 108 mg Calcium: 33.5 mg
Fat: 1.2 g (.9 g sat, .2 g mono, .1 g poly)	Alcohol: .1 g and 1%	Diabetic Exchanges: ½ Starch; ½ Other Carbohydrate
Protein: 1.7 g and 9%	Fiber: 1.2 g Cholesterol: 0 mg Iron: .8 mg	



Crispy Rice Bars Dotted with Apricot Bits

All-time favorite marshmallow-coated crispy rice treats are hard to beat. For an updated fat- and cholesterol-free version that is vitamin- and mineral-rich, omit the butter or margarine and add a swirl of apricot spread and a sprinkle of apricot bits.

YIELD: 8-inch square bars

SERVINGS: 9

SERVING SIZE: 2⅔-inch square

	WEIGHT	MEASURE
Butter-flavored vegetable oil cooking spray	—	—
Miniature marshmallows	5 oz	2½ c (1¼ pt)
100%-fruit apricot spread	2 oz	3 tbsp
Oven-toasted rice cereal	3½ oz	3½ c (1¾ pt)
Dried apricot bits	2 oz	⅓ c

Coat an 8-inch square baking pan with cooking spray.

Combine marshmallows and apricot spread in a large saucepan. Cook over low heat, stirring until completely melted. Remove from heat.

Stir in cereal and apricot bits until well mixed. Use a piece of wax paper or the back of a spoon coated with cooking spray to pat mixture evenly in prepared pan. When cool, cut into 9 squares and serve.

NUTRITIONAL FACTS

Calories: 123 (1% from fat)	Carbohydrate: 29.9 g and 95%	Sodium: 127.1 mg
Fat: .2 g (.1 g sat, 0 g mono, .1 g poly)	Fiber: .5 g	Calcium: 4.7 mg
Protein: 1.3 g and 4%	Cholesterol: 0 mg	Diabetic Exchanges: ½ Starch; 1 Other Carbohydrate; ½ Fruit
	Iron: .9 mg	



Golden Pumpkin Cookies Spiked with Date Bits

For diners who want a little taste of something sweet at the end of a meal, these bite-size, beta carotene-rich pumpkin drop cookies are just the thing. To prevent their bottoms from burning, bake these and other cookies on two baking sheets stacked together.

YIELD: 48 cookies

SERVING SIZE: 1 cookie

	WEIGHT	MEASURE
Butter-flavored vegetable oil cooking spray	—	—
Canned pumpkin	12 oz	1⅓ c
Granulated sugar	8 oz	1 c + 2 tbsp
Large egg whites	2½ oz	2
All-purpose flour	8 oz	1¾ c
Baking powder		1 tsp
Baking soda		1 tsp
Ground cinnamon		1 tsp
Ground nutmeg		¼ tsp
Salt		¼ tsp
Ground ginger		⅛ tsp
Diced seedless dates	7 oz	1¼ c

Preheat oven to 325 degrees F. Coat 2 or 3 baking sheets with cooking spray.

Combine pumpkin, sugar, and egg whites in a large bowl. Mix until well blended.

Combine flour, baking powder, baking soda, cinnamon, nutmeg, salt, and ginger in a medium bowl. Mix until blended. Mix in dates. Mix dry ingredients into liquid ingredients until blended.

Drop dough by rounded teaspoonfuls onto prepared baking sheets about 1 inch apart. Bake until almost no indentation remains when touched, or about 18 minutes. Remove immediately to a wire rack to cool. Top with Orange Powdered Sugar Frosting with Finely Grated Zest (page 224), if desired, and serve.

NUTRITIONAL FACTS

Calories: 55 (1% from fat)	Fiber: .5 g	Calcium: 5.4 mg
Fat: .1 g	Cholesterol: 0 mg	Diabetic Exchanges: ½
Protein: .8 g and 6%	Iron: .4 mg	Other Carbohydrate; ½
Carbohydrate: 13.3 g and 93%	Sodium: 54.4 mg	Fruit



Lemon Meringue Kisses Sprinkled with Sugar Crystals

This recipe calls for egg whites at room temperature. The proteins in eggs are more elastic when warmer. Traditionally, the temperature of eggs was raised by removing them from the refrigerator and then holding them at room temperature for several hours or until use. To prevent foodborne illness, this method is now discouraged. Temperatures between 40 and 140 degrees F are considered an ideal range for harmful bacteria to grow. A better method to raise the temperature of raw eggs quickly is to place whole unshelled eggs in a bowl of warm water or hold them under a stream of warm water until they reach room temperature.

YIELD: 24 kisses

SERVING SIZE: 1 kiss

	WEIGHT	MEASURE
Parchment paper		2 sheets
Large egg whites, at room temperature	2½ oz	2
Yellow food coloring		2 drops (optional)
Cream of tartar		⅛ tsp
Salt		pinch
Granulated sugar	2½ oz	⅓ c
Lemon extract		1 tsp
Yellow sparkling sugar crystals	½ oz	1 tbsp

Preheat oven to 250 degrees F. Line 2 baking sheets with parchment paper.

Combine egg whites and food coloring (if using) in a medium mixing bowl. Beat with an electric mixer until foamy. Add cream of tartar and salt. Continue beating egg whites until thick and glossy. Add sugar gradually, continuing to beat until stiff peaks form. Fold in lemon extract.

Drop meringue by tablespoonfuls onto lined baking sheets. Sprinkle with sparkling sugar crystals. Bake 1 hour. Turn oven off and let kisses cool in unopened oven (don't look!) for 1½ to 2 hours, then serve.

VARIATIONS

Replace the yellow food coloring, lemon extract, and yellow sparkling crystals as follows:

- Licorice Meringue Kisses: no food coloring, 1 teaspoon anise extract, blue sparkling sugar crystals
- Strawberry Meringue Kisses: 4 drops red food coloring (optional), 1½ teaspoons strawberry extract, red sparkling sugar crystals

NUTRITIONAL FACTS		
Calories: 15 (0% from fat)	Alcohol: .03 g and 1%	Sodium: 10.7 mg
Fat: 0 g	Fiber: 0 g	Calcium: .2 mg
Protein: .3 g and 7%	Cholesterol: 0 mg	Diabetic Exchanges: Free
Carbohydrate: 3.6 g and 91%	Iron: 0 mg	Food

Nutty Chocolate Peanut Butter Brownies

Two ingredients that naturally go together are combined in these moist cakelike brownies: chocolate and peanut butter. Make the peanut butter chunky for the crunchy texture its bits of toasted nuts add to these bars.

YIELD: 13-by-9-inch brownies

SERVINGS: 24

SERVING SIZE: 2¹/₈-by-2¹/₄-inch piece

	WEIGHT	MEASURE
Butter-flavored vegetable oil cooking spray	—	—
Prune purée (page 5) or prune baby food	6 oz	³ / ₄ c
Light corn syrup	4 oz	¹ / ₃ c
Chunky peanut butter	4 oz	¹ / ₂ c
Fat-free milk		¹ / ₄ c
Vanilla extract		¹ / ₂ tsp
Large egg whites	6 ¹ / ₄ oz	5
Granulated sugar	6 oz	³ / ₄ c + 2 tbsp
All-purpose flour	4 oz	³ / ₄ c + 2 tbsp
Unsweetened cocoa powder	2 ¹ / ₂ oz	³ / ₄ c
Baking powder		1 tsp
Baking soda		¹ / ₂ tsp
Salt		¹ / ₄ tsp

Preheat oven to 325 degrees F. Coat a 13-by-9-by-2-inch baking pan with cooking spray.

Combine prune purée, corn syrup, peanut butter, milk, and vanilla in a medium bowl. Mix until well blended.

Combine egg whites and sugar in a large mixing bowl. Beat with an electric mixer until thick but not stiff. Add prune mixture and mix until well blended.

Combine flour, cocoa, baking powder, baking soda, and salt in a small bowl. Mix until well blended. Mix dry ingredients into liquid ingredients until blended.

Spread evenly in prepared pan. Bake until a wooden pick inserted in center comes out clean, or about 30 minutes. Cool in pan on a wire rack. Sift powdered sugar over or spread with frosting of choice, if desired. Cut into 24 bars and serve.

NUTRITIONAL FACTS

Calories: 106 (23% from fat)	Carbohydrate: 19.3 g and 67%	Sodium: 76.7 mg
Fat: 2.9 g (.6 g sat, 1.4 g mono, .8 g poly)	Fiber: 1.6 g	Calcium: 12.5 mg
Protein: 3.1 g and 11%	Cholesterol: 0 mg	Diabetic Exchanges: ½ Starch; ½ Other Carbohydrate; ½ Fruit; ½ Fat
	Iron: .8 mg	



Peanut Butter and Honey Crunch Bars

Coat crackling grains of crispy rice cereal, crispy flakes of toasted rice cereal, crunchy nuggets of natural wheat and barley cereal, and soft and sweet dried apricot bits with a mixture of melted marshmallows, peanut butter, and honey; pat mixture in a pan and these treats are ready to eat. Offer as an on-the-go breakfast bar, mid-morning or afternoon pick-me-up snack, or sweet conclusion to a midday or an evening meal.

YIELD: 13-by-9-inch bars

SERVINGS: 24

SERVING SIZE: 2⅛-by-2¼-inch piece

	WEIGHT	MEASURE
Butter-flavored vegetable oil cooking spray	—	—
Dried apricot bits	5 oz	1 c
Miniature marshmallows	5 oz	2½ c (1¼ pt)
Chunky peanut butter	4 oz	½ c
Honey	4 oz	⅓ c
Oven-toasted rice cereal	3 oz	3 c (1½ pt)
Lightly toasted rice cereal	3 oz	3 c (1½ pt)
Natural wheat and barley cereal	3 oz	¾ c

Coat a 13-by-9-by-2-inch baking pan with cooking spray.

Combine apricots, marshmallows, peanut butter, and honey in a large saucepan. Cook over low heat, stirring, until marshmallows are melted.

Remove mixture from heat. When cool, mix in cereals. Spread evenly in prepared pan. Refrigerate until firm. Cut into 24 bars and serve.

NUTRITIONAL FACTS		
Calories: 116 (18% from fat)	Carbohydrate: 22 g and 72% Fiber: 1.1 g	Calcium: 6.5 mg Diabetic Exchanges: ½
Fat: 2.5 g (.5 g sat, 1.1 g mono, .7 g poly)	Cholesterol: 0 mg Iron: 2.5 mg	Starch; ½ Other Carbohydrate; ½ Fruit; ½ Fat
Protein: 2.9 g and 9%	Sodium: 117.3 mg	



Pumpkin Pie Bars Dotted with Raisins

Pumpkin has been popular in pie since colonial times, but the sweet, beta-carotene-rich gourd is equally delicious in these moist bars. While often considered to be a vegetable, this winter squash is actually a fruit.

YIELD: 13-by-9-inch bars

SERVINGS: 24

SERVING SIZE: 2⅛-by-2¼-inch piece

	WEIGHT	MEASURE
Butter-flavored vegetable oil cooking spray	—	—
Large egg whites	7½ oz	6
Firmly packed light brown sugar	13 oz	1⅔ c
Canned pumpkin	1 lb	1¾ c
Firmly packed raisins	4 oz	⅔ c
Stick margarine, melted	1 oz	2 tbsp
All-purpose flour	8 oz	1¾ c
Baking powder		2 tsp
Ground cinnamon		1 tsp
Ground ginger		½ tsp
Salt		½ tsp
Ground allspice		¼ tsp
Ground cloves		⅛ tsp

Preheat oven to 350 degrees F. Coat a 13-by-9-by-2-inch baking pan with cooking spray.

Place egg whites in a large mixing bowl. Beat with an electric mixer until frothy. Gradually add brown sugar, beating until well blended. Add pumpkin, raisins, and margarine. Beat until well mixed.

Combine flour, baking powder, cinnamon, ginger, salt, allspice, and cloves in a small bowl. Mix until blended. Fold dry ingredients into egg mixture until just blended.

Spread evenly in prepared pan. Bake until a wooden pick inserted in center comes out clean, or about 35 minutes. Cool in pan on a wire rack. Sift powdered sugar over, if desired. Cut into 24 pieces and serve, perhaps with a dollop of vanilla fat-free frozen yogurt.

NUTRITIONAL FACTS

Calories: 139 (7% from fat)	Carbohydrate: 31.1 g and 87%	Sodium: 151 mg
Fat: 1.1 g (.2 g sat, .5 g mono, .4 g poly)	Fiber: .6 g	Calcium: 26.1 mg
Protein: 2.2 g and 6%	Cholesterol: 0 mg	Diabetic Exchanges: ½ Starch; 1 Other Carbohydrate; ½ Fruit
	Iron: 1.1 mg	



Soft Molasses Sour Cream Cookies

These cookies obtain their distinct flavor from light molasses, which is richer in iron, calcium, and potassium than white granulated sugar. While the light molasses used in these cookies contains fewer nutrients than dark or blackstrap molasses, most diners prefer its sweeter and milder flavor. It can also be used as a topping for pancakes or hot cereal.

YIELD: 36 cookies

SERVING SIZE: 1 cookie

	WEIGHT	MEASURE
Butter-flavored vegetable oil cooking spray	—	—
Firmly packed light brown sugar	4 oz	½ c
Fat-free sour cream	4 oz	½ c
Light molasses		¼ c
Large egg	2 oz	1
All-purpose flour	6 oz	1⅓ c
Ground cinnamon		1 tsp
Baking soda		½ tsp
Ground cloves		⅛ tsp
Ground nutmeg		⅛ tsp
Salt		pinch
Firmly packed raisins	3 oz	½ c

Preheat oven to 375 degrees F. Coat 2 or 3 baking sheets with cooking spray.

Combine brown sugar, sour cream, molasses, and egg in a medium bowl. Mix until well blended. For easy cleanup, measure the molasses in a cup that has been lightly coated with cooking spray.

Combine flour, cinnamon, baking soda, cloves, nutmeg, and salt in a medium bowl. Mix until well blended. Mix in raisins. Mix dry ingredients into liquid ingredients until blended.

Drop dough by teaspoonfuls onto prepared baking sheets. Bake until almost no indentation remains when touched, or about 8 minutes. Top with Lemon Powdered Sugar Frosting with Finely Grated Zest (page 221), if desired, and serve. Store between sheets of parchment or wax paper.

NUTRITIONAL FACTS		
Calories: 49 (4% from fat)	Carbohydrate: 10.9 g and	Sodium: 28.5 mg
Fat: .2 g (.1 g sat, .1 g mono, 0 g poly)	8%	Calcium: 16.7 mg
Protein: .9 g and 89%	Fiber: .3 g	Diabetic Exchanges: ½
	Cholesterol: 5.9 mg	Other Carbohydrate
	Iron: .5 mg	

Sugar Coated Molasses Jumbles

Like fresh-baked gingerbread men, these ginger-spiced molasses cookies have an aroma that is reminiscent of the Christmas holidays and good times with family and friends. But these sugar-coated treats can be enjoyed without the guilt of their higher-fat counterparts.

YIELD: 48 cookies

SERVING SIZE: 1 cookie

	WEIGHT	MEASURE
Butter-flavored vegetable oil cooking spray	—	—
Granulated sugar, divided	9 oz	1¼ c
Light molasses		1 c
Prune purée (page 5) or prune baby food	4 oz	½ c
All-purpose flour	1 lb	3½ c (1¾ pt)
Baking soda		2 tsp
Salt		1 tsp
Ground cinnamon		1 tsp
Ground ginger		½ tsp
Ground nutmeg		¼ tsp
Ground cloves		¼ tsp

Preheat oven to 325 degrees F. Coat 2 or 3 baking sheets with cooking spray.

Combine 8 ounces (1 cup + 2 tablespoons) sugar, molasses, and prune purée in a large bowl. Mix until well blended. For easy cleanup, measure the molasses in a cup that has been lightly coated with cooking spray.

Combine flour, baking soda, salt, cinnamon, ginger, nutmeg, and cloves in a medium bowl. Mix until well blended.

Mix dry ingredients into molasses mixture until just blended. If dough is too dry, mix in decaffeinated coffee or water as needed, 1 teaspoon at a time.

Shape heaping teaspoonfuls of dough into balls. Roll in remaining 1 ounce (2 tablespoons) sugar. Place on prepared baking sheets about 2 inches apart. Flatten dough balls with a fork in crisscross pattern until ½ inch thick. Bake until set and bottoms are lightly browned, or about 10 minutes. Remove immediately to a wire rack to cool.

NUTRITIONAL FACTS

Calories: 76 (1% from fat)	Fiber: .4 g	Calcium: 16.8 mg
Fat: .1 g	Cholesterol: 0 mg	Diabetic Exchanges: ½
Protein: 1 g and 5%	Iron: .8 mg	Starch; ½ Other Carbo-
Carbohydrate: 18 g and 93%	Sodium: 81.5 mg	hydrate



Wholesome Apple Spice Oat Bars

This recipe calls for quick-cooking rolled oats. They are equally as nutritious as long-cooking (“old fashioned”) rolled oats. Long-cooking oats are oat groats that have been steamed and flattened with huge rollers. To reduce cooking time, quick-cooking rolled oats are made from groats that have been cut into several pieces before being steamed and rolled into thinner flakes. Don’t replace quick-cooking oats with instant oats in this or other recipes; instant oats have been precooked and dried before being rolled.

YIELD: 8-inch square bars

SERVINGS: 9

SERVING SIZE: 2⅔-inch square

	WEIGHT	MEASURE
Butter-flavored vegetable oil cooking spray	—	—
Granulated sugar	4 oz	½ c
Large egg whites	2½ oz	2
Prune purée (page 5) or prune baby food	2 oz	¼ c
All-purpose flour	4 oz	¾ c + 2 tbsp
Quick-cooking rolled oats	1 oz	¼ c
Baking powder		¾ tsp
Baking soda		¼ tsp
Salt		¼ tsp
Ground cinnamon		¼ tsp
Ground nutmeg		¼ tsp
Ground cloves		⅛ tsp
Peeled and cored apples diced into ¼-inch cubes	4 oz	1 c

Preheat oven to 350 degrees F. Coat an 8-inch square baking pan with cooking spray.

Combine sugar, egg whites, and prune purée in a medium bowl. Mix until well blended.

Combine flour, oats, baking powder, baking soda, salt, cinnamon, nutmeg, and cloves in a small bowl. Mix until blended. Mix dry ingredients into liquid ingredients. Mix in apples until blended.

Spread evenly in prepared pan. Bake until a wooden pick inserted in center comes out clean, or 20 to 25 minutes. Cool bars in pan on a wire rack. Top with Orange Powdered Sugar Frosting with Finely Grated Zest (page 224), if desired. Cut into 9 squares and serve.

NUTRITIONAL FACTS

Calories: 125 (3% from fat)	Carbohydrate: 28 g and 89%	Sodium: 153.4 mg
Fat: .4 g (.1 g sat, .1 g mono, .1 g poly)	Fiber: 1.1 g	Calcium: 29.6 mg
Protein: 2.7 g and 8%	Cholesterol: 0 mg	Diabetic Exchanges: 1
	Iron: .8 mg	Starch; 1 Other Carbohydrate