

APPLE DROP COOKIES

3 cups sifted all-purpose flour
1 1/2 tsp. baking soda
3/4 cup liquid Butter Buds
2 cups light brown sugar, packed
1/2 tsp. lite salt (optional)
1 1/2 tsp. ground cinnamon
1 1/2 tsp. ground cloves
3/4 tsp. nutmeg
2 Egg Beaters
1 cup Grape-Nuts cereal
1 1/2 cups finely chopped, green apples (with the skin on)
1 1/2 cups raisins, chopped
1/3 cup apple juice

Glaze:

2 cups sifted powdered sugar
1 tsp. vanilla
1/4 cup evaporated skim milk

In a small bowl, combine all the ingredients and blend well with a hand mixer. If it is too thick, add more skim milk. Use to glaze cooled cookies.

Preheat oven to 400 degrees. Spray a couple of cookie sheets with a non-fat cooking spray. Sift flour and baking soda. Mix liquid Butter Buds, brown sugar, lite salt, cinnamon, cloves, nutmeg, and Egg Beaters until well blended. Stir in half of flour mixture, then Grape-Nuts cereal, apple and raisins. Blend in apple juice and remaining flour mixture. Chill dough in refrigerator 30-45 minutes. Spoon dough onto prepared cookie sheets by tablespoonfuls about 2 inches apart. Bake 11-14 minutes, or until done. Let cookies cool 5 minutes. Spread glaze over cooled cookies.

Yields: 4 dozen cookies

Fat: 0.08 g
Cholesterol: 0 mg
mg

Per Serving:

Calories: 58
Carbohydrate: 4.1 g

Protein: 1.8 g
Sodium: 21