


RECIPE FILE

 Quick and easy

LC Low calorie

LF Low fat



Lemon Yogurt Cookies

PICTURED ABOVE **LF**

- ½ cup (1 stick) margarine, softened*
- 1¼ cups sugar*
- ½ cup plain non-fat yogurt or low-fat lemon yogurt*
- 2 egg whites*
- 1 tablespoon grated lemon peel*
- ½ teaspoon vanilla*
- 2 cups oats (quick or old-fashioned, uncooked)*
- 1½ cups all-purpose flour*
- 1 teaspoon baking powder*
- ½ teaspoon baking soda*
- ¼ cup confectioners' sugar*

Beat margarine and 1¼ cups sugar until fluffy. Add yogurt, egg whites, lemon peel and vanilla; mix until well blended. Combine oats, flour, baking powder and baking soda; gradually add to wet ingredients. Mix well, cover and refrigerate for 1 to 3 hours.

Preheat oven to 375 F. Spray cookie sheet with non-stick cooking spray.

With lightly floured hands, shape dough into 1-inch balls; place on prepared cookie sheet. Using bottom of a glass dipped in sugar, press into ⅛-inch-thick circles. Bake 10 to 12 minutes or until edges are lightly browned. Cool 2 minutes on cookie sheet; remove to wire rack. Sift confectioners' sugar over warm cookies. Cool completely. Makes about 4 dozen.

Per cookie: Calories 70 Fat 2 g

Sodium 45 mg Percent calories from fat 25%