

# EatingWell Favorite **Cookie** Recipes

Pecan-Cinnamon Wafers.....	2
Yummy Molasses Crackles.....	2
Citrus-Kissed Honey Buttons.....	3
Chocolate & Pecan Macaroons.....	3
EatingWell Chocolate Chip Cookies .....	4
Orange Spice Molasses Cookies .....	4
Double Peanut Butter-Chocolate Chewies .....	5
Almond Cherry Bites .....	5
Double Nut & Date Tassies .....	6
Almond & Honey-Butter Cookies.....	7
Chocolate-Dipped Gingersnaps .....	8
Dark Chocolate Florentines.....	8
Italian Hazelnut Cookies.....	9
Cranberry-Orange-Nut Cookies .....	9



## Pecan-Cinnamon Wafers

Recipe by Debbie Limas, North Andover, MA

**Makes:** 4 dozen cookies

**Active time:** 30 minutes **Total:** 2¼ hours (including 1 hour chilling time)

**To make ahead:** Wrap dough in wax paper and plastic wrap and freeze for up to 3 months. Store cookies airtight for up to 5 days or freeze for up to 3 months.

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These healthier pecan butter cookies are made with whole-wheat pastry flour and plenty of nuts.

- ½ cup unsalted butter
- ¾ cup granulated sugar, divided
- ¼ cup packed light brown sugar
- 1 large egg
- 1 teaspoon vanilla extract
- 1¼ cups whole-wheat pastry flour (see Tip)
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 1 cup finely chopped pecans
- 1½ teaspoons ground cinnamon

1. Beat butter, ½ cup granulated sugar and brown sugar in a mixing bowl with an electric mixer on medium-high until creamy. Add egg and vanilla and beat well. Combine flour, baking powder and salt in a medium bowl and add to the butter mixture. Beat on low speed until combined. Stir in pecans.

2. Divide the dough in half and use lightly floured hands to shape each portion into a 6-inch round log. Wrap each log in wax paper and freeze until firm, at least 1 hour.

3. Preheat oven to 350°F.

4. Unwrap the dough and let stand at room temperature for 5 minutes. Combine the remaining ¼ cup granulated sugar and cinnamon on a shallow plate. Roll the logs in the sugar mixture, then slice each into 24 (¼-inch-thick) cookies. Place the cookies about 2½ inches apart on ungreased baking sheets.

5. Bake, one batch at a time, until lightly browned, 10 to 12 minutes. Transfer to wire racks to cool.

**Per cookie:** 63 calories; 4 g fat (1 g sat, 1 g mono); 9 mg cholesterol; 7 g carbohydrate; 4 g added sugars; 1 g protein; 1 g fiber; 26 mg sodium; 13 mg potassium.

**Carbohydrate servings:** ½

**Exchanges:** ½ carbohydrate (other), 1 fat

**Tip:** Whole-wheat pastry flour is milled from soft wheat. It contains less gluten-forming potential than regular whole-wheat flour and helps ensure a tender result in delicate baked goods while providing the nutritional benefits of whole grains. Both are available in large supermarkets or natural-foods stores. Store in an airtight container in the freezer.

## Yummy Molasses Crackles

Recipe by Nancy Caverly, Mexico, MO

**Makes:** about 3 dozen cookies

**Active time:** 15 minutes **Total:** 1½ hours

**To make ahead:** Store in an airtight container at room temperature for up to 5 days or freeze for up to 3 months.

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EatingWell reader Nancy Caverly gave her grandmother's recipe for ginger molasses cookies a little makeover—reducing the butter and adding crystallized ginger for a spicy jolt.

- ¼ cup unsalted butter, softened
- 1 cup plus ⅓ cup sugar, divided
- 1 large egg, beaten
- ¼ cup molasses
- 2 cups all-purpose flour
- 2 teaspoons baking soda
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- ¼ teaspoon ground cloves
- ⅓ teaspoon ground ginger
- ⅓ cup crystallized ginger, finely chopped

1. Beat butter and 1 cup sugar in a large bowl with an electric mixer until creamy. Add egg and molasses. Mix well.

2. Whisk flour, baking soda, cinnamon, salt, cloves and ginger in another large bowl until well blended. Stir in crystallized ginger.

3. Blend the flour mixture into the butter mixture a cup at a time, mixing well, until it is all incorporated. Chill the dough in the refrigerator until firm, 30 minutes to 1 hour.

4. Preheat oven to 375°F. Lightly coat 2 baking sheets with cooking spray.

5. Place the remaining ⅓ cup sugar in a shallow dish. Roll the dough into 1-inch balls and then roll in the sugar. Place 1½ inches apart on the prepared baking sheet.

6. Bake the cookies, in batches, until they crackle on top, 8 to 10 minutes. Transfer to a wire rack to cool.

**Per cookie:** 79 calories; 1 g fat (1 g sat, 0 g mono); 9 mg cholesterol; 16 g carbohydrate; 9 g added sugars; 1 g protein; 0 g fiber; 106 mg sodium; 43 mg potassium.

**Carbohydrate servings:** 1

**Exchanges:** 1 carbohydrate (other)





## Citrus-Kissed Honey Buttons

Recipe by Teresa Ralston New Albany, OH

**Makes:** 3 dozen cookies

**Active time:** 20 minutes **Total:** 1¼ hours (including 30 minutes chilling time)

**To make ahead:** Cover and refrigerate the dough for up to 1 day. Store cookies airtight for up to 3 days or freeze for up to 3 months.

**Equipment:** Parchment paper or nonstick baking mats

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These citrus-flavored sugar cookies are a lovely addition to any cookie platter.

- 1¾ cups all-purpose flour
- ½ teaspoon baking soda
- ½ teaspoon cream of tartar
- ¼ teaspoon salt
- 1 cup granulated sugar
- 4 tablespoons unsalted butter, softened (see Tip)
- 1 large egg
- 1 tablespoon honey
- 1 tablespoon finely grated lemon zest
- 1 tablespoon finely grated orange zest
- 1 teaspoon lemon extract

1. Whisk flour, baking soda, cream of tartar and salt in a small bowl.

2. Beat sugar and butter in a mixing bowl with an electric mixer on medium-high speed until light and fluffy. Add egg, honey, lemon zest, orange zest and lemon extract, and beat until blended. Gradually add the flour mixture, beating on low speed just until combined. Cover and refrigerate the dough for 30 minutes or overnight.

3. Preheat oven to 375°F. Line 2 large baking sheets with parchment paper or nonstick baking mats.

4. Roll the dough into 36 balls (about 2 level teaspoons each) with your hands. Place 2 inches apart on the prepared baking sheets.

5. Bake, one batch at a time, until puffed and beginning to crack, 6 to 8 minutes. Cool on the baking sheet for 2 minutes, then transfer to a wire rack to cool completely.

**Per cookie:** 60 calories; 1 g fat (1 g sat, 0 g mono); 9 mg cholesterol; 11 g carbohydrate; 6 g added sugars; 1 g protein; 0 g fiber; 36 mg sodium; 17 mg potassium.

**Carbohydrate servings:** 1

**Exchanges:** 1 carbohydrate (other)

**Tip:** To soften butter, let stand at room temperature for 30 to 45 minutes. Or cut into small pieces and let stand for about 15 minutes. (Do not soften in a microwave—the uneven heat may melt the butter in spots.)

## Chocolate & Pecan Macaroons

Recipe by Amy Jamison Wauconda, IL

**Makes:** 5 dozen cookies

**Active time:** 40 minutes **Total:** 1½ hours

**To make ahead:** Store airtight for up to 3 days. Dust with confectioners' sugar just before serving.

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We love the rich chocolate flavor in these chewy cookies that are like a cross between higher-fat coconut macaroons and low-fat, low-calorie, egg-white-based meringues.

3 large egg whites, at room temperature (see Tip)

⅓ teaspoon salt

1 cup granulated sugar

6 ounces unsweetened chocolate, melted (see Tip, page 8)

1 cup sweetened flaked coconut

¾ cup pecans, finely chopped

1 tablespoon confectioners' sugar for dusting (optional)

1. Position racks in the upper and lower thirds of oven; preheat to 350°F. Line 2 large baking sheets with parchment paper, nonstick baking mats or lightly coat with cooking spray.

2. Beat egg whites and salt in a mixing bowl with an electric mixer on high speed until frothy. Gradually add sugar and continue beating until soft peaks form, about 5 minutes.

3. With a rubber spatula, gently fold melted chocolate, coconut and pecans into the egg whites until no white streaks remain.

4. Drop 2 teaspoons of batter per cookie about 1 inch apart onto the prepared baking sheets, fitting about 30 cookies per sheet.

5. Bake until set, 10 to 12 minutes. Turn off the oven and leave the macaroons in with the door slightly ajar for 30 minutes. Remove from the oven and let cool completely. Dust with confectioners' sugar just before serving, if desired.



**Per cookie:** 44 calories; 3 g fat (1 g sat, 1 g mono); 0 mg cholesterol; 5 g carbohydrate; 4 g added sugars; 1 g protein; 1 g fiber; 12 mg sodium; 37 mg potassium.

**Carbohydrate servings:** 0

**Exchanges:** 1 fat

**Tip:** To bring an egg to room temperature, set it on the counter for 15 minutes or submerge it (in the shell) in a bowl of lukewarm (not hot) water for 5 minutes.





## EatingWell Chocolate Chip Cookies

**Makes:** 2 dozen cookies

**Active time:** 35 minutes **Total:** 2 hours (including 1 hour chilling time) **To make ahead:** Refrigerate the dough for up to 1 day. Store the baked cookies in an airtight container for up to 2 days.

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This awesome lacy chocolate chip cookie is given a healthful makeover with oats and whole-wheat flour, and canola oil to replace some of the butter.

- ½ cup instant oats
- ½ cup whole-wheat pastry flour (see *Tip*, page 2)
- ½ teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- ⅓ cup light brown sugar

- ¼ cup honey
- 3 tablespoons unsalted butter, softened (see *Tip*, page 3)
- 3 tablespoons canola oil
- 1¼ teaspoons vanilla extract
- 1 large egg
- ¾ cup pecans, coarsely chopped
- 1 cup bittersweet chocolate chips or chunks

1. Grind or process oats in a blender or food processor to a fine powder, scraping down the sides as necessary. Whisk the oats, flour, baking powder, baking soda and salt in a medium bowl until well combined.
2. Beat brown sugar, honey, butter, oil and vanilla in a large bowl with an electric mixer until well combined. Beat in egg until combined. Add the dry ingredients and beat on low speed until combined. Stir in pecans and chocolate chips (or chunks). Refrigerate the dough for at least 1 hour or overnight.
3. Preheat oven to 375°F. Line a large baking sheet with parchment paper or a nonstick baking mat.
4. Drop level tablespoons of chilled dough onto the prepared baking sheet, at least 2 inches apart, to make 8 cookies at a time. Bake the cookies, in batches, until just golden, 7 to 9 minutes. Cool on the baking sheet for 5 minutes before transferring to a wire rack to cool.

**Per cookie:** 124 calories; 9 g fat (3 g sat, 3 g mono); 12 mg cholesterol; 12 g carbohydrate; 7 g added sugars; 2 g protein; 1 g fiber; 51 mg sodium; 28 mg potassium.

**Carbohydrate servings:** 1

**Exchanges:** 1 carbohydrate (other), 2 fat

## Orange Spice Molasses Cookies

**Makes:** 40 cookies

**Active time:** 1 hour 10 minutes **Total:** 1 hour 25 minutes **To make ahead:** Store in an airtight container for up to 3 days or freeze for up to 3 months.

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### Rolling Sugar

- ½ cup granulated sugar

- 1 tablespoon freshly grated orange zest

### Cookie Dough

- 1½ cups rolled oats

- 5 tablespoons unsalted butter, softened

- ⅓ cup granulated sugar

- ⅓ cup packed dark brown sugar

- 2 tablespoons freshly grated orange zest

- ½ cup light or dark molasses

- 7 tablespoons unsweetened applesauce

- 1 large egg yolk

- 1 teaspoon vanilla extract

- 1 teaspoon baking soda

- 1½ teaspoons ground cinnamon

- 1½ teaspoons ground ginger

- ½ teaspoon ground cloves

- ¼ teaspoon ground allspice

- ¼ teaspoon freshly ground pepper

- ¼ teaspoon salt

- 2¼ cups whole-wheat flour

1. Preheat oven to 375°F. Coat a large baking sheet with cooking spray or line with parchment paper or a nonstick baking mat.

2. **To prepare rolling sugar:** Pulse ½ cup granulated sugar and 1 tablespoon orange zest in a food processor until well combined. Place in a shallow dish and set aside.

3. **To prepare cookie dough:** Grind oats in a blender until they look like a fine powder, 1 to 2 minutes, scraping the sides as needed.

4. Beat butter and ⅓ cup granulated sugar in a large bowl with an electric mixer on medium-high speed for 5 minutes. Add brown sugar and 2 tablespoons orange zest and beat another 2 minutes. Add molasses, applesauce, egg yolk, vanilla, baking soda, cinnamon, ginger, cloves, allspice, pepper



and salt; beat on medium-high until incorporated, about 30 seconds, scraping down the bowl and beaters as needed.

5. Turn the mixer to medium and slowly add the ground oats. Scrape down the bowl; with the mixer on medium, slowly add whole-wheat flour. (The dough will be moderately sticky.)

6. Using a slightly rounded tablespoon of dough, roll into balls, then roll in the rolling sugar to coat. (If necessary, wet your fingers to help roll without sticking.) The zest will make the mixture slightly wet and it will clump; lightly brush off the excess so that just a thin coat is on the cookie. Place cookies about 1 inch apart on the prepared baking sheet.

7. Bake the cookies in batches until the edges are set and the tops are cracked, but the centers are still soft and puffy, about 10 minutes.

8. Let the cookies cool on the baking sheet for 8 minutes. Serve warm or cool on a wire rack.

**Per cookie:** 85 calories; 2 g fat (1 g sat, 1 g mono); 8 mg cholesterol; 16 g carbohydrate; 1 g protein; 1 g fiber; 49 mg sodium; 78 mg potassium.

**Carbohydrate servings:** 1

**Exchanges:** ½ starch, ½ other carbohydrate



## Double Peanut Butter-Chocolate Chewies

**Makes:** 3 dozen cookies

**Active time:** 1 hour **Total:** 1½ hours

**To make ahead:** Store in an airtight container for up to 3 days or freeze for up to 3 months.

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These soft chocolate cookies have a big peanut flavor since they use peanut butter and peanut butter chips.

- 1 cup chunky natural peanut butter
- ¼ cup canola oil
- ½ cup packed dark brown sugar
- ½ cup granulated sugar
- 2 large eggs
- 3 tablespoons low-fat plain yogurt
- 1 tablespoon vanilla extract
- ¾ cup all-purpose flour
- ⅓ cup unsweetened cocoa powder
- ¼ cup rolled oats
- 1 teaspoon baking soda

- ½ teaspoon salt
- ¼ cup semisweet chocolate chips
- ¼ cup trans-fat-free peanut butter chips, such as Sunspire
- ¼ cup turbinado sugar (see Tip)

1. Preheat oven to 350°F.
  2. Beat peanut butter, oil, brown sugar and granulated sugar in a large bowl with an electric mixer on medium speed until the sugars are blended. Beat in eggs, yogurt and vanilla until combined.
  3. Whisk flour, cocoa, oats, baking soda and salt in a medium bowl. With the mixer on low speed, gradually add the dry ingredients to the peanut butter mixture until blended. (It will be sticky.) Stir in chocolate and peanut butter chips.
  4. Using a small cookie scoop or slightly rounded tablespoons of dough, place cookies 2 inches apart on ungreased cookie sheets.
  5. Dip the bottom of a glass in water and then in turbinado sugar. Use the sugared glass to flatten the cookies slightly, leaving a thin layer of sugar on top, rewetting the glass as needed.
  6. Bake the cookies in batches until they are just set and the tops appear cracked, 8 to 10 minutes. (Do not overbake or they will be dry.) Cool on the baking sheet for 2 minutes before transferring to a wire rack to cool.
- Per cookie:** 115 calories; 6 g fat (1 g sat, 1 g mono); 10 mg cholesterol; 13 g carbohydrate; 8 g added sugars; 3 g protein; 1 g fiber; 102 mg sodium; 33 mg potassium.
- Carbohydrate servings:** 1
- Exchanges:** 1 other carbohydrate, 1 fat

**Tip:** Turbinado sugar is steam-cleaned raw cane sugar. It's coarse-grained and light brown in color, with a slight molasses flavor. Find it in the natural-foods section of large supermarkets or at natural-foods stores.

## Almond Cherry Bites

**Makes:** 15 cookies

**Active time:** 30 minutes **Total:** 1 hour

**To make ahead:** Store in an airtight container for up to 3 days or freeze without the chocolate drizzle (Step 6) for up to 3 months. Defrost at room temperature before drizzling with chocolate.

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Dried cherries, ground almonds and a drizzle of chocolate make these cookies festive for the holidays.

- ⅓ cup whole almonds
- ⅓ cup sugar
- ⅔ cup coarsely chopped dried cherries
- ⅔ cup all-purpose flour
- 2 tablespoons canola oil
- 1 large egg white
- ¼ teaspoon vanilla extract
- ¼ teaspoon almond extract
- 2 tablespoons chocolate chips or finely chopped dark and/or white chocolate, for decoration (optional)

1. Preheat oven to 350°F.
2. Grind almonds and sugar in a food processor to desired texture: a coarser texture will give you small almond pieces in the cookie; a fine grind will give great almond flavor without any crunch from the almonds. (Be careful to not overgrind: you will get almond paste.) Transfer the mixture to a large bowl. Add cherries and flour; mix to combine.
3. Add oil, egg white and vanilla and almond extracts; mix with a wooden spoon until well incorporated.
4. Shape the dough into walnut-size balls with your hands or a small cookie scoop (about 1 rounded tablespoon each) and place 1½ inches apart on a large, ungreased baking sheet.
5. Bake until the bottoms are golden (the top will stay white), 10 to 12 minutes. Transfer to



a wire rack to cool completely.

6. Melt chocolate (see Tip, page 8) and drizzle or pipe onto each cooled cookie, if desired (see Tip). Let stand until the chocolate sets.

**Per cookie:** 101 calories; 4 g fat (1 g sat, 2 g mono); 0 mg cholesterol; 15 g carbohydrate; 7 g added sugars; 2 g protein; 1 g fiber; 4 mg sodium; 15 mg potassium.

**Carbohydrate servings:** 1

**Exchanges:** 1 other carbohydrate, 1 fat

**Tip:** To decorate cookies with melted chocolate, use a pastry bag fitted with a fine writing tip to pipe the melted chocolate or dip tines of a fork in chocolate and drizzle. You can improvise a pastry bag with a small plastic bag. Add melted chocolate to the bag, cut a tiny hole in one corner and squeeze the chocolate out.



## Double Nut & Date Tassies

**Makes:** 2 dozen cookies

**Active time:** 50 minutes **Total:** 1 hour 10 minutes

**To make ahead:** Store in an airtight container for up to 3 days or freeze for up to 3 months. **Equipment:** 24-cup mini muffin pan or two 12-cup mini muffin pans

The two-bite pecan tarts satisfy the sweet tooth with far less guilt than pecan pie.

### Crust

- $\frac{1}{4}$  cup whole-wheat pastry flour  
(see *Tip*, page 2)
- $\frac{1}{4}$  cup packed light brown sugar
- $\frac{1}{2}$  cup walnuts, coarsely chopped
- 1 tablespoon cornstarch
- 2 tablespoons unsalted butter
- Pinch of salt

### Filling

- 4 ounces pitted dried dates  
(about  $\frac{3}{4}$  cup)
- $\frac{3}{4}$  cup water
- $\frac{1}{4}$  cup packed light brown sugar
- $2\frac{1}{2}$  tablespoons unsalted butter
- 4 tablespoons reduced-fat cream cheese
- $1\frac{1}{4}$  teaspoons vanilla extract
- $\frac{1}{2}$  cup pecans, chopped
- Confectioners' sugar for dusting or  
whipped cream for garnish

1. Preheat oven to 375°F. Coat 24 mini muffin cups with cooking spray.

2. **To prepare crust:** Pulse flour, brown sugar, walnuts, cornstarch, 2 tablespoons butter and salt in a food processor (a mini food processor works well) until the mixture resembles coarse meal. Divide the crust mixture among the prepared mini muffin cups (about  $1\frac{1}{4}$  teaspoons per cup) and press evenly into the bottoms.

3. **To prepare filling:** Combine dates, water, brown sugar and  $2\frac{1}{2}$  tablespoons butter in a small saucepan. Bring to a boil over medium-high heat and cook, stirring frequently, until most of the liquid has cooked away, 8 to 12 minutes. Let cool slightly, then process the date mixture in a blender or food processor until processed into a paste. Add cream cheese and vanilla; blend or process to combine. Transfer to a medium bowl. Stir in pecans. Divide the date-nut filling among muffin cups (1 generous teaspoon each), gently pressing the filling down and smoothing the tops.

4. Bake until the crust is golden brown and the filling is lightly cooked, 15 to 17 minutes. Let cool in the pans for 10 minutes. Loosen the edges of the crust with a small spatula or butter knife and transfer the tassies to a wire rack to cool. Sprinkle with confectioners' sugar or serve with a dollop of whipped cream, if desired.

**Per cookie:** 93 calories; 6 g fat (2 g sat, 2 g mono); 7 mg cholesterol; 10 g carbohydrate; 4 g added sugars; 1 g protein; 1 g fiber; 26 mg sodium; 60 mg potassium.

**Carbohydrate servings:**  $\frac{1}{2}$

**Exchanges:** 1 other carbohydrate, 1 fat





## Almond & Honey-Butter Cookies

**Makes:** about 3 ½ dozen cookies

**Active time:** 40 minutes **Total:** 2½ hours

**To make ahead:** Store in a single layer in an airtight container for up to 2 days.

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This thumbprint cookie uses honey as the only sweetener and tender ground almonds to replace much of the butter found in similar cookies. Just a touch of butter mixed with honey in the filling gives it a rich flavor without too much saturated fat.

- 1 cup whole almonds, toasted (see Tip)**
- 1¼ cups whole-wheat pastry flour**  
(see Tip, page 2)
- 1 cup all-purpose flour**
- 1 teaspoon baking powder**
- ½ teaspoon salt**
- ⅔ cup plus ¼ cup honey, divided**
- ⅓ cup canola oil**
- 4 tablespoons unsalted butter, at room temperature, divided**
- 1 large egg**
- 1 teaspoon vanilla extract**
- 3 tablespoons toasted sliced almonds**  
(see Tip) for garnish

1. Process whole almonds in a food processor or blender until finely ground (you will have about 1¼ cups ground). Transfer to a large bowl and add whole-wheat flour, all-purpose flour, baking powder and salt; stir until just combined. Beat ⅔ cup honey, oil and 3 tablespoons butter in a mixing bowl

with an electric mixer on medium speed until well combined. Add egg and vanilla and beat until blended. Add the wet ingredients to the dry ingredients; stir to combine. Refrigerate the dough for 1 hour.

2. Preheat oven to 350°F. Coat 2 baking sheets with cooking spray or line with parchment paper or nonstick baking mats.

3. Roll tablespoons of dough into 1-inch balls and place on the prepared baking sheets about 2 inches apart. Press the tip of your index finger in the center of each cookie to make an indentation. Bake the cookies, in batches, until set and barely golden on the bottom, 13 to 15 minutes. Transfer to a wire rack; let cool for 30 minutes.

4. Combine the remaining ¼ cup honey and 1 tablespoon butter in a small bowl until creamy. Use about ¼ teaspoon to fill each cookie and top with 2 sliced almonds, if desired.

**Per cookie:** 94 calories; 5 g fat (1 g sat, 3 g mono); 7 mg cholesterol; 12 g carbohydrate; 6 g added sugars; 2 g protein; 1 g fiber; 42 mg sodium; 32 mg potassium.

**Carbohydrate servings:** 1

**Exchanges:** 1 carbohydrate (other), 1 fat

**Tip:** To toast whole nuts, spread on a baking sheet and bake at 350°F, stirring once, until fragrant, 7 to 9 minutes.

To toast sliced almonds, cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.



## Chocolate-Dipped Gingersnaps

**Makes:** 4 servings, 2 cookies each

**Active time:** 15 minutes **Total:** 45 minutes

**To make ahead:** Refrigerate in an airtight container for up to 5 days.

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A sprinkling of crystallized ginger and dried cranberries makes these easy, chocolate-dipped gingersnaps festive.

**8 small gingersnaps**

**1/3 cup bittersweet chocolate chips, melted (see Tip)**

**1 tablespoon finely chopped crystallized ginger**

**1 tablespoon finely chopped dried cranberries**

Dip gingersnaps into melted chocolate. Let the excess drip off. Place on a wax paper-lined plate. Sprinkle with crystallized ginger and cranberries. Refrigerate until the chocolate is set, about 30 minutes.

**Per serving:** 157 calories; 6 g fat (3 g sat, 1 g mono); 0 mg cholesterol; 28 g carbohydrate; 6 g added sugars; 2 g protein; 1 g fiber; 84 mg sodium; 96 mg potassium.

**Carbohydrate servings:** 2

**Exchanges:** 2 carbohydrates (other)

**Tip:** To melt chocolate, microwave on Medium for 1 minute. Stir, then continue microwaving on Medium in 20-second intervals until melted, stirring after each interval. Or place in the top of a double boiler over hot, but not boiling, water. Stir until melted.



## Dark Chocolate Florentines

*Recipe by Allyson Smith, Bloomington, IN*

**Makes:** about 3 dozen sandwich cookies

**Active time:** 35 minutes **Total:** 1 hour 5 minutes

**To make ahead:** Store in an airtight container at room temperature for up to 2 days.

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Reader Allyson Lea Smith consulted with her mother and baked at least six variations to create this healthier version of an oat-chocolate sandwich cookie.

**1/3 cup unsalted butter**

**1/4 cup canola oil**

**2 cups quick-cooking oats**

**3/4 cup sugar**

**1/3 cup whole-wheat flour**

**1/4 cup low-fat milk or low-fat plain soymilk**

**1 teaspoon vanilla extract**

**1/4 teaspoon salt**

**1/2 cup toasted almonds or walnuts (see Tip, page 7), finely chopped**

**1/2 cup semisweet or dark chocolate chips**

**1/2 cup apricot preserves**

**1.** Preheat oven to 375°F. Line 2 large baking sheets with foil or nonstick baking mats.

**2.** Melt butter in a medium saucepan. Remove from the heat. Add oil, oats, sugar, flour, milk (or soymilk), vanilla, salt and nuts and mix well. Drop level teaspoons of dough 3 inches apart onto the prepared baking sheets. Spread or press each cookie into a thin, 2-inch circle with a fork or damp fingertips.



**3.** Bake the cookies, in batches, until set, 5 to 7 minutes. Let cool completely before removing from the foil or mats. (The cookies will appear somewhat lacy.)

**4.** When the cookies are cool, melt chocolate chips in a double boiler over hot, not boiling, water (or microwave in 15-second intervals, stirring in between). Gently spread the chocolate on the flat side of half (about 36) of the cookies. Gently spread a little jam on the flat side of the remaining cookies. Press the apricot and chocolate halves together to make sandwich cookies.

**Per cookie:** 108 calories; 6 g fat (2 g sat, 2 g mono); 5 mg cholesterol; 14 g carbohydrate; 8 g added sugars; 2 g protein; 1 g fiber; 19 mg sodium; 17 mg potassium.

**Carbohydrate servings:** 1

**Exchanges:** 1 carbohydrate (other), 1 fat





## Italian Hazelnut Cookies

**Makes:** about 2½ dozen cookies

**Active time:** 15 minutes **Total:** 2 hours

**To make ahead:** Store in an airtight container for up to 1 week. **Equipment:** Parchment paper or nonstick baking mats

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These crispy cookies are made with Piedmontese staples—hazelnuts and eggs—and called Brutti Ma Buoni: literally, “Ugly But Good.” But they are really more plain-looking than “ugly,” and pack a powerful, sweet, nutty burst of flavor, making them welcome at any table.

- 2 cups hazelnuts, toasted and skinned (see Tip)
- 1¼ cups sugar
- 4 large egg whites
- ½ teaspoon salt
- 1 teaspoon vanilla extract

1. Position 2 racks as close to the center of the oven as possible; preheat to 325°F. Line 2 baking sheets with parchment paper or non-stick baking mats.

2. Pulse nuts and sugar in a food processor until finely ground. Scrape into a large bowl.

3. Beat egg whites and salt in another large bowl with an electric mixer on high speed until stiff peaks form. Using a rubber spatula, gently fold the egg whites into the nut mixture. Add vanilla and gently but thoroughly mix until combined.

4. Drop the batter by the tablespoonful 2 inches apart on the prepared baking sheets.

5. Bake the cookies until golden brown, switching the pans back to front and top to bottom halfway through, 25 to 30 minutes. Let cool on the baking sheets for 5 minutes. Gently transfer the cookies to a wire rack to cool completely. When the baking sheets are thoroughly cooled, repeat with the remaining batter.

**Per cookie:** 92 calories; 5 g fat (0 g sat, 4 g mono); 0 mg cholesterol; 10 g carbohydrate; 8 g added sugars; 2 g protein; 1 g fiber; 46 mg sodium; 69 mg potassium.

**Carbohydrate servings:** ½

**Exchanges:** 1 carbohydrate (other), 1 fat

**Tip:** Toast whole hazelnuts on a baking sheet in a 350°F oven, stirring occasionally, until fragrant, 7 to 9 minutes. Let the nuts cool for a few minutes, then rub together in a clean kitchen towel to remove most of the papery skins.

## Cranberry-Orange-Nut Cookies

*Recipe by Georgene Egri, Walnut Creek, CA*

**Makes:** 2½ dozen cookies

**Active time:** 35 minutes **Total:** 1½ hours

**To make ahead:** Prepare the dough through Step 2, cover and refrigerate for up to 3 days. Store the cookies in an airtight container at room temperature for up to 5 days.

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Crisp, moist and chewy, this cookie has the essential ingredients for the holidays: citrus, nuts and cranberries. But they’re great for “every days,” too, and travel well in lunchboxes.

- 1½ cups whole-wheat pastry flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 cup chopped walnuts
- ½ cup chopped dried cranberries
- 1 cup plus 3 tablespoons sugar, divided
- ½ cup smooth, unsweetened applesauce
- ¼ cup canola oil
- 1 tablespoon freshly grated orange zest
- 3 tablespoons orange juice

1. Whisk flour, baking powder, baking soda and salt in a large bowl. Stir in walnuts and dried cranberries.

2. Whisk 1 cup sugar, applesauce, oil, orange zest and juice in a medium bowl until smooth. Make a well in the dry ingredients and pour in the wet ingredients. Mix until well blended. Cover with plastic wrap and chill for 30 minutes.

3. Preheat oven to 350°F. Line a baking sheet with parchment paper or a nonstick baking mat.



4. Put the remaining 3 tablespoons sugar into a small flat-bottomed dish or pan. Roll the dough with floured hands (it will be very moist) into 1½-inch balls, then roll in sugar to coat. Place 2 inches apart on the prepared baking sheet.

5. Bake the cookies until barely golden brown, 12 to 15 minutes. Cool on the pan for 1 minute; transfer to a wire rack to cool completely.

**Per cookie:** 102 calories; 5 g fat (0 g sat, 2 g mono); 0 mg cholesterol; 15 g carbohydrate; 9 g added sugars; 1 g protein; 1 g fiber; 94 mg sodium; 24 mg potassium.

**Carbohydrate servings:** 1

**Exchanges:** 1 other carbohydrate, 1 fat

# About EatingWell

The EatingWell mission is to provide the inspiration and information people need to make healthy eating a way of life.


- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.


EatingWell reaches millions of consumers through the award-winning *EatingWell* Magazine, [www.EatingWell.com](http://www.EatingWell.com), EatingWell cookbooks and licensing partners that trust EatingWell to provide healthy recipes, how-to instruction, diet and nutrition articles and custom healthy-eating solutions.


We hope you enjoy our recipes and feel informed and inspired to make healthy eating *your* way of life!


## About EatingWell health tags

A recipe checked...

 Heart Health has limited saturated fat.

 Diabetes is low in calories and meets limits for Carbohydrate Servings.

 Weight Loss has reduced calories (and limited saturated fat).

 Gluten Free does not contain wheat, rye, barley or oats.  
(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked “Gluten Free,” the serving suggestions that accompany it may contain gluten.)