

Delight Cookies

¼ c. margarine softened
½ c Fat-Free Buttermilk
1 tsp pure vanilla extract
2 egg whites whipped
1 ½ c unbleached flour
½ c cocoa powder sifted
2/3 c granulated sugar
1 tsp baking soda
¼ tsp salt
2 tsps powdered sugar sifted

Preheat oven to 350. Prepare baking sheets with cooking spray; set aside. In a mixing bowl, combine margarine, buttermilk, vanilla extract, and egg whites. In another mixing bowl, combine flour, cocoa powder, sugar, baking soda, and salt. Mix wet ingredients with dry ingredients just until moistened. Drop dough by tablespoonfuls, 2" apart onto prepared baking sheets. Bake for 7 minutes. Sprinkle with powdered sugar.

30 servings; 58 calories; 2g fat (26% calories from fat); 1g protein; 10g carbohydrate; 0mg cholesterol; 77mg sodium.

Carrot Cake

Transforming a traditional holiday favorite

1 ½ c. carrots (grated)
2 ½ c. flour (substitute whole wheat flour)
2 c. sugar (reduce to 1 ¾ c. sugar or substitute ½ the amount with Splenda)
1 ½ c. vegetable oil (substitute ½ the amount with applesauce or use a healthier oil, i.e. canola, for the other half)
4 eggs (separate yolk from egg whites)
1 ½ t baking soda
4 T hot water
2 ½ t cinnamon
½ t salt
1 c. chopped nuts (pecans or Black walnuts)

Beat egg yolks slightly, add sugar and oil/applesauce, mixing well. Sift flour, salt and cinnamon together into mixture. Add carrots and nuts. Dissolve soda in hot water and add to mixture, mixing well. Last, fold in stiffly beaten egg whites.

Spray with cooking spray and flour either 1 tube or bundt pan (for a large cake) or 2 small round or oblong pans, evenly divided into each, (for small cakes).

Bake at 350 degrees for approx. 1 hour. Test center where crack appears. When cake springs back at touch, it is done. Cool for about a minute and remove from pan.