

Carrot-Date Cookies

1 ½ c. chopped pitted dates
1 c. shredded carrots
½ c. nonfat plain yogurt
¼ c. packed brown sugar
2 TBSP canola oil
1 tsp. vanilla
1 ½ c. sifted cake flour
¼ c. Grape Nuts cereal
½ tsp. baking soda
½ tsp. salt

Heat oven to 350 and line cookie sheets with parchment or coat with cooking spray

Stir together dates, carrots, yogurt, sugar oil & vanilla in a medium bowl & let stand 15 min.

Stir together in another bowl the Grape Nuts, flour, soda & salt.

Add dry to wet mixing with a wooden spoon until just blended. Drop by tablespoonfuls onto prepared sheets about 1 ½ inches apart

Bake until tops spring back when touched lightly, about 15 minutes.

Transfer to wire rack to cool.

Makes 2 1/2 dozen

Per cookie:

71 calories

1 g fat (0 sat.)

0 mg Cholesterol

15 g carbohydrates

1 g protein

1 g fiber

71 mg sodium 80 mg potassium