Low-Fat Chocolate Chip Cookies Tampa Tribune

Tampa Tribune

Makes about 60 (2 1/4-inch) cookies

Ingredients

- 1 cup prune puree or prepared prune butter
- 3/4 cup granulated sugar
- 3/4 cup packed brown sugar
- 3 large egg whites
- 1 teaspoon vanilla
- 2 1/4 cups flour
- 1 tsp baking soda
- 1 teaspoon salt
- 2 cups (12 ounces) semi-sweet chocolate pieces

Instructions

1. Preheat oven to 375°F. Coat baking sheet with vegetable cooking spray; set aside.
2. In a large bowl, beat prune puree or butter, sugars, egg whites, and vanilla to blend thoroughly.
3. In a small bowl, mix flour, baking soda, and salt. Stir dry ingredients into prune mixture. Mix completely.
4. Stir in chocolate pieces.
5. Drop tablespoonfuls onto prepared baking sheets; flatten slightly.
6. Bake about 10 minutes until lightly browned around the edges.
7. Remove to racks to cool completely.

LOW-FAT CHOCOLATE CHIP COOKIES TAMPA TRIBUNE

1 cup prune puree or prepared prune butter
3/4 cup granulated sugar
3/4 cup packed brown sugar
3 large egg whites
1 teaspoon vanilla
2¼ cups flour
1 tsp. baking soda
1 teaspoon salt
2 cups (12 ounces) semi-sweet chocolate pieces

Preheat oven to 375 degrees. Coat baking sheet with vegetable cooking spray; set aside. In a large bowl, beat prune puree or butter, sugars, egg whites and vanilla to blend thoroughly.

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Calories 72; Cholesterol 0 mg; Sodium 56 mg; Fat 2 g; Calories from fats: 25%.

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