

HEALTHIER HOLIDAY COOKIES

Cookies are always popular, especially around the holidays. With so many yummy varieties, it can be hard to try just one! The next time you're baking up a batch of holiday cookies, try these fast and easy ingredient swaps to make them as healthy as possible.



Instead of...	Try...
All purpose flour	½ all purpose flour and ½ whole wheat flour to add fiber
Whole eggs	Replace half of the eggs with egg whites (2 whole eggs = 1 whole egg and 2 egg whites)
Whole milk or cream	Skim, 1% or evaporated skim milk
Sugar	A sugar substitute suitable for baking, such as Splenda®
Butter or margarine	Non hydrogenated oil (olive or canola oil)
Butter	Fruit puree (applesauce, apple butter, prune or pear puree). To make your own fruit puree, cut one cup of dried fruit, add to one cup of water and cook over medium-low heat until the fruit is soft. Then puree the fruit in a food processor until smooth.
Chocolate chips	Add toasted nuts or raisins to cookies (toasting nuts brings out the flavor—you can use fewer and save calories). To toast a large batch of nuts, spread them in a single layer in a shallow baking pan and toast in a 375° oven for 10 to 15 minutes until the nuts are lightly browned and smell rich and toasty.
Chocolate	Substitute half of the amount for low-sugar dark chocolate, or use low fat cocoa powder instead of a tablespoon or two of chips.
Traditional cookies	Oatmeal cookies or add oats to other types of holiday cookies. Also try adding calorie-free flavor to cookies or other baked goods with spices such as cinnamon, cloves, ginger and nutmeg.
Sugary glaze	A flavored jelly or jam

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