

HOLIDAY HERMITS

Ingredients

1 1/2 cups brown sugar
1/2 cup white sugar
1/2 cup butter
1/2 cup applesauce
1 whole egg and 4 egg whites
1/2 cup molasses
2 3/4 cup flour
1 cup raisins
1 tsp. baking soda
1 tsp. cloves
1 tsp. cinnamon
1 tsp. allspice
1/2 tsp. salt

Directions

1. Cream together butter, sugar and applesauce. Add eggs and whites, one at a time, beating well after each addition.
2. Stir in molasses. Sift dry ingredients together and add to mixture slowly while stirring.. Add raisins. Combine well.
3. Spread in a brownie pan sprayed with nonstick cooking spray.
4. Bake at 350 degrees F for 30–35 minutes. Cut into bars while still warm.

Makes 3 dozen small cookies

DASH Servings (per cookie)

1 sweet

Nutritional Information (per cookie)

135 Calories 2.8 g fat