



Snowballs (Russian Tea Cakes)

Makes 48 cookies

This take on the traditional holiday cookie is lower in calories and fat. Look at the comparison below. In addition, it is made with canola oil (a healthy fat) and low fat milk.

1 cup all-purpose flour*
½ cup whole wheat flour*
¼ cup cornstarch
¼ tsp. salt
1 ¼ cups powdered sugar
5 Tbsp. trans fat free margarine (such as Promise Buttery Spread or Smart Balance)
2 Tbsp. canola oil
2 Tbsp. low fat milk
1 ½ tsp. vanilla extract
½ cup finely chopped walnuts

*Option 2: You may use 1 ½ cups of all-purpose flour and omit the whole wheat flour.

- Preheat oven to 350°.
- In a bowl, whisk flour, cornstarch and salt. Set aside.
- In a large bowl, using an electric mixer, cream ¾ cup powdered sugar, trans fat free margarine and oil (about 3 minutes). Add milk and vanilla and beat until smooth. Add the dry ingredients and walnuts; blend on low speed just until incorporated.
- Roll the dough into ¾ inch balls and place on 2 ungreased baking sheets, about 1 inch apart. Bake for 10 - 12 minutes or until very lightly browned on bottoms.
- Remove cookies from the oven and roll them immediately in the remaining ½ cup of powdered sugar, a few at a time. Transfer to wire racks to cool. If desired, sift additional powdered sugar over the cookies just before serving.

Recipe adapted from Eating Well Magazine.

Nutritional Information - "Healthy Snowballs" (per cookie):

Calories: 51	Carbohydrate: 6.8g
Total Fat: 2g	Dietary Fiber: 0.4g
Saturated Fat: 0g	Protein: 0.7g

Nutritional Information - Traditional Recipe (per cookie):

Calories: 72	Carbohydrate: 6g
Total Fat: 5g	Dietary Fiber: 0.3g
Saturated Fat: 3g	Protein: 0.9g