



Lemon-Honey Drop Cookies

Makes 32 cookies

Very easy, light and very lemony. A cakey cookie that is moist and surprisingly low in saturated fat and calories. Enjoy with a cup of tea.

1/2 cup granulated sugar
7 Tbsp.. trans fat free margarine (such as Promise Buttery Spread or Smart Balance)
2 tsp. grated lemon rind
1 tsp. lemon extract
3/4 cup all-purpose flour*
1 tsp. baking powder
1/4 cup plain fat-free yogurt
1 cup powdered sugar
2 tsp. grated lemon rind

1/3 cup honey
1/4 cup egg substitute
1 cup whole wheat flour*
1/2 tsp. salt
Cooking spray
2 tsp. fresh lemon juice

* Use 1 3/4 cups all purpose flour and omit the whole wheat flour.

- Preheat oven to 350°.
- Beat first 3 ingredients with a mixer at medium speed until light and fluffy. Add honey, lemon extract and egg substitute. Beat until well blended. Combine flour, baking powder, and salt, stirring well with a whisk. Add flour mixture to sugar mixture alternately with yogurt, beginning and ending with flour mixture.
- Drop by level tablespoons 2 inches apart onto baking sheets coated with cooking spray. Bake at 350° for 12 minutes.
- Combine powdered sugar, lemon juice and grated lemon rind in a small bowl; stir with a whisk. Brush powdered sugar mixture evenly over hot cookies. Remove cookies from pan; cool on wire racks.

Recipe adapted from Cooking Light Magazine.

Nutritional Information (per cookie):

Calories: 83	Carbohydrate: 15.1g
Total Fat: 2.2g	Dietary Fiber: 0.5g
Saturated Fat: 0g	Protein: 1.1g