



Raspberry Jammers

Makes 24 cookies

Think of these as a variation of thumbprint cookies. Trans-fat free margarine and egg white reduces the saturated fat and calories.

1/3 cup granulated sugar

1/3 cup trans-fat free margarine (Smart Balance or Promise Buttery Spread)

1 ½ tsp. vanilla extract

1 large egg white

1 cup all-purpose flour

2 Tbsp. cornstarch

¼ tsp. baking powder

¼ tsp. salt

Cooking spray

1/3 cup raspberry or apricot jam

½ cup powdered sugar

2 tsp. fresh lemon juice

¼ tsp. almond or vanilla extract

- Preheat oven to 375°.
- Beat granulated sugar and margarine with a mixer at medium speed until well-blended (about 5 minutes). Add 1 ½ tsp. vanilla extract and egg white; beat well. Combine flour, cornstarch, baking powder and salt in a bowl stirring well with a whisk. Add flour mixture to sugar mixture, stirring until well-blended (dough will be stiff).
- Turn dough out onto a lightly floured surface. Divide dough in half. Roll each portion into a 12 inch log. Place logs 3 inches apart on a baking sheet coated with cooking spray. Form a ½-inch-deep indentation down the length of each log using an index finger or end of a wooden spoon. Spoon jam in the center. Bake at 375° for 20 minutes or until lightly browned. Remove logs to a cutting board.
- Combine powdered sugar, lemon juice, and almond extract; stir well with a whisk. Drizzle sugar mixture over warm logs. Immediately cut each log diagonally into 12 slices (do not separate slices). Cool 10 minutes; separate slices. Transfer slices to wire racks. Cool completely.

Recipe adapted from Cooking Light Magazine.

Nutritional Information (per cookie):

Calories: 66

Carbohydrate: 13g

Total Fat: 1.2g

Dietary Fiber: 0.2g

Saturated Fat: 0.7g

Protein: 0.7g