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Mincemeat Cookie Ingredients

Prepare the Ingredients Using a Food Processor

1. **Make the Prune Butter:** Place the entire contents of a 12-ounce container of small dried prunes into a food processor with 2 ounces of any kind of fruit juice (range, pineapple, apple cider, etc.). Run the food processor center with the main bottom blade for two minutes until there are no big pieces and it becomes the consistency of a paste. You will need only a portion of the batch, but the remainder can be stored in the refrigerator for up to three weeks.
2. **Make the Graham Cracker Crumbs:** Clean and dry all the food processor parts and then break up a package of low-fat graham crackers into the food processor. Run the food processor center with the main bottom blade for 30-45 seconds until there are no big pieces and it becomes the consistency of crumbs. Pour the crumbs into a sturdy plastic bag, and do the same for the remaining packages in the box. You will need only a portion of the batch, but the remainder can be stored for future use.
3. **Make the Rice Chex Crumbs:** Pour 1/3 of the box of Rice Chex (or Crispix) cereal and pour into the food processor. Run the food processor center with the main bottom blade for 20-30 seconds until there are no big pieces and it becomes the consistency of crumbs. Pour the crumbs into a sturdy plastic bag, and do the same for the remaining cereal in the box. You will need only a portion of the batch, but the remainder can be stored for future use.



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Fat-Free Mincemeat Cookies

Wet Ingredients

- 2 oz. (1/4 Cup) Prune Butter
- ½ Cup Organic Cane
or Packed Light Brown Sugar
- 2 oz. Dried Cranberries or Raisins
or Craisins
- 2 Heaping Tbsp. Mincemeat
- 1 tsp. Vanilla
- 3 Tbsp. Egg Whites
- 1 Tbsp. Honey

Dry Ingredients

- 3/4 Cup Rice Chex Crumbs
- 3/4 Cup Low- Fat Graham
Cracker Crumbs

You will also need:

- Cooking Spay
- Parchment Paper
- Food Service Gloves

1. Mix all of the ingredients in a Kitchen-Aid-type mixer until well combined.
2. Make 1" spheres out of the dough and place on cookie sheets lined with parchment.
3. Bake for 7-8 minutes in a preheated 350° F. oven.
4. Remove from the oven and immediately flatten each cookie slightly with a spatula.
5. Use the sharp edge of the spatula to make a line down the center of each cookie.
6. Allow to cool before serving!

Yield: 32 one-inch cookies. Each cookie is about 66 calories and less than ½ gram of fat. See next page for nutritional breakdown.



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Nutritional Values for the Mincemeat Cookie Ingredients:

Ingredient	Calories	Fat
¼ Cup Prune Butter	125	0
6 oz. (¾ Cup) Organic Cane or Brown Sugar	640	0
2 oz. Dried Cranberries or Craisins or Raisins	100	0
2 Heaping Tablespoons of Mincemeat	110	0
1 tsp. Vanilla	0	0
3 Tbsp. Egg Whites	25	0
1 Tbsp. Honey	25	0
¾ Cup Rice Chex Crumbs (3 Cups unprocessed)	300	0
¾ Cup Low- Fat Graham Cracker Crumbs (12 full wafers unprocessed)	780	12 g
Total for batch of 32 one-inch cookies:	2105	12 g

Calculations for each cookie based on totals:

$2105 \text{ calories} / 32 = 65.78 \text{ calories per cookie}$

$12 \text{ grams} / 32 = 0.375 \text{ grams of fat per cookie}$

