



EatingWell Healthier Christmas Cookie Recipes

- Joy Cookies 2
- Citrus-Kissed Honey Buttons..... 2
- Chocolate & Pecan Macaroons..... 3
- Orange Spice Molasses Cookies 4
- Raspberry-Chocolate Thumbprint
Cookies..... 5
- Ginger Crinkle Cookies 6
- Boot Tracks..... 6
- Double Nut & Date Tassies 7
- Chocolate Coconut Meringues 8
- Lusciously Nutty Holiday Logs 9
- Cranberry-Orange-Nut Cookies 9
- Date Bran Jingle Balls 10
- Dark Chocolate Florentines..... 10
- Sugarplum Biscotti..... 11



Joy Cookies

Makes: 4 dozen cookies

Active time: 30 minutes

Total: 1¼ hours

To make ahead: Store airtight, in a single layer, for up to 1 day or freeze undecorated cookies for up to 3 months. Defrost at room temperature before decorating.

Equipment: 15-by-10-inch baking sheet with 1-inch sides

Heart Health Diabetes Weight Loss Gluten Free

These coconut-chocolate-almond-topped shortbread cookies are reminiscent of Almond Joy candy bars.

- ⅔ cup granulated sugar**
- ⅓ cup unsalted butter, softened (see Tips)**
- ⅓ cup canola oil**
- 1 large egg**
- 1 tablespoon milk**
- 1 teaspoon almond extract**
- 1 cup all-purpose flour**
- ⅔ cup whole-wheat flour**
- 1½ teaspoons baking powder**

- ¼ teaspoon salt**
- 3 tablespoons melted semisweet chocolate chips (see Tips)**
- 3 tablespoons toasted coconut (see Tips)**
- 48 sliced almonds**

1. Preheat oven to 375°F. Coat a 15-by-10-inch baking sheet with 1-inch sides with cooking spray.
2. Beat sugar, butter, oil, egg, milk and almond extract in a mixing bowl with an electric mixer until light and fluffy. Stir in all-purpose flour, whole-wheat flour, baking powder and salt until well blended. (It will be a soft dough.) Spread the dough into the prepared baking pan in a thin layer.
3. Bake until golden brown, about 12 minutes. Cool in the pan on a wire rack for 5 minutes. Cut into 48 bars.
4. Decorate each bar with a drizzle of melted chocolate, a sprinkle of toasted coconut and an almond slice.

Per bar: 53 calories; 3 g fat (1 g sat, 1 g mono); 6 mg cholesterol; 7 g carbohydrate; 3 g added sugars; 1 g protein; 0 g fiber; 32 mg sodium; 16 mg potassium.

Carbohydrate Servings: ½

Exchanges: 1 fat

Tips: To soften butter, let stand at room temperature for 30 to 45 minutes. Or cut into small pieces and let stand for about 15 minutes. (Do not soften in a microwave—the uneven heat may melt the butter in spots.)

To melt chocolate, microwave on Medium for 1 minute. Stir, then continue microwaving on Medium, stirring every 20 seconds, until melted. Or place chocolate in the top of a double boiler over hot, but not boiling, water. Stir until melted.

Toast coconut in a small dry skillet over medium-low heat, stirring often, until golden, about 5 minutes.

Citrus-Kissed Honey Buttons

Makes: 3 dozen cookies

Active time: 20 minutes

Total: 1¼ hours (including 30 minutes chilling time)

To make ahead: Cover and refrigerate the dough for up to 1 day. Store cookies airtight for up to 3 days or freeze for up to 3 months.

Equipment: Parchment paper or nonstick baking mats.

Heart Health Diabetes Weight Loss Gluten Free

These citrus-flavored sugar cookies are a lovely addition to any holiday cookie platter.

- 1¾ cups all-purpose flour**
- ½ teaspoon baking soda**
- ½ teaspoon cream of tartar**
- ¼ teaspoon salt**
- 1 cup granulated sugar**
- 4 tablespoons unsalted butter, softened (see Tip, left)**
- 1 large egg**
- 1 tablespoon honey**
- 1 tablespoon finely grated lemon zest**
- 1 tablespoon finely grated orange zest**
- 1 teaspoon lemon extract**

1. Whisk flour, baking soda, cream of tartar and salt in a small bowl.
2. Beat sugar and butter in a mixing bowl with an electric mixer on medium-high speed until light and fluffy. Add egg, honey, lemon zest, orange zest and lemon extract, and beat until blended. Gradually add the flour mixture, beating on low speed just until combined. Cover and refrigerate the dough for 30 minutes or overnight.
3. Preheat oven to 375°F. Line 2 large baking sheets with parchment paper or nonstick baking mats.
4. Roll the dough into 36 balls (about 2 level teaspoons each) with your hands. Place 2 inches apart on the prepared baking sheets.
5. Bake, one batch at a time, until puffed and beginning to crack, 6 to 8 minutes. Cool on the baking sheet for 2 minutes, then transfer to a wire rack to cool completely.



Per cookie: 59 calories; 1 g fat (1 g sat, 0 g mono); 9 mg cholesterol; 11 g carbohydrate; 6 g added sugars; 1 g protein; 0 g fiber; 36 mg sodium; 16 mg potassium.

Carbohydrate Servings: 1

Exchanges: 1 carbohydrate (other)

Chocolate & Pecan Macaroons

Makes: 5 dozen cookies

Active time: 40 minutes

Total: 1½ hours

To make ahead: Store airtight for up to 3 days. Dust with confectioners' sugar just before serving.

Heart Health Diabetes Weight Loss Gluten Free

We love the rich chocolate flavor in these chewy cookies that are like a cross between higher-fat coconut macaroons and low-fat, low-calorie, egg-white-based meringues.

3 large egg whites, at room temperature (see Tips)

½ teaspoon salt

1 cup granulated sugar

6 ounces unsweetened chocolate, melted (see Tips)

1 cup sweetened flaked coconut

¾ cup pecans, finely chopped

1 tablespoon confectioners' sugar for dusting (optional)

1. Position racks in the upper and lower thirds of oven; preheat to 350°F. Line 2 large baking sheets with parchment paper, non-stick baking mats or lightly coat with cooking spray.

2. Beat egg whites and salt in a mixing bowl with an electric mixer on high speed until frothy. Gradually add sugar and continue beating until soft peaks form, about 5 minutes.

3. With a rubber spatula, gently fold melted chocolate, coconut and pecans into the egg whites until no white streaks remain.

4. Drop 2 teaspoons of batter per cookie about 1 inch apart onto the prepared baking sheets, fitting about 30 cookies per sheet.

5. Bake until set, 10 to 12 minutes. Turn off the oven and leave the macaroons in with the door slightly ajar for 30 minutes. Remove from the oven and let cool completely. Dust with confectioners' sugar just before serving, if desired.

Per cookie: 44 calories; 3 g fat (1 g sat, 1 g mono); 0 mg cholesterol; 5 g carbohydrate; 4 g added sugars; 1 g protein; 1 g fiber; 12 mg sodium; 37 mg potassium.

Carbohydrate servings: 0

Exchanges: 1 fat

Tips:

To bring an egg to room temperature, set it on the counter for 15 minutes or submerge it (in the shell) in a bowl of lukewarm (not hot) water for 5 minutes.

To melt chocolate, microwave on Medium for 1 minute. Stir, then continue microwaving on Medium, stirring every 20 seconds, until melted. Or place chocolate in the top of a double boiler over hot, but not boiling, water. Stir until melted.





Orange Spice Molasses Cookies

Makes: 40 cookies

Active time: 1 hour 10 minutes

Total: 1 hour 25 minutes

To make ahead: Store in an airtight container for up to 3 days or freeze for up to 3 months.

These spiced molasses cookies have added applesauce to help keep the cookies moist and whole-wheat flour and oats to incorporate whole grains.

Rolling Sugar

½ cup granulated sugar

1 tablespoon freshly grated orange zest

Cookie Dough

1½ cups rolled oats

5 tablespoons unsalted butter, softened

⅓ cup granulated sugar

⅓ cup packed dark brown sugar

2 tablespoons freshly grated orange zest

½ cup light or dark molasses

7 tablespoons unsweetened applesauce

1 large egg yolk

1 teaspoon vanilla extract

1 teaspoon baking soda

1½ teaspoons ground cinnamon

1½ teaspoons ground ginger

½ teaspoon ground cloves

¼ teaspoon ground allspice

¼ teaspoon freshly ground pepper

¼ teaspoon salt

2¼ cups whole-wheat flour

1. Preheat oven to 375°F. Coat a large baking sheet with cooking spray or line with parchment paper or a nonstick baking mat.

2. To prepare the rolling sugar: Pulse ½ cup granulated sugar and 1 tablespoon orange zest in a food processor until well combined. Place in a shallow dish and set aside.

3. To prepare cookie dough: Grind oats in a blender until they look like a fine powder, 1 to 2 minutes, scraping the sides as needed.

4. Beat butter and ⅓ cup granulated sugar in a large bowl with an electric mixer on medium-high speed for 5 minutes. Add brown sugar and 2 tablespoons orange zest and beat another 2 minutes. Add molasses, applesauce, egg yolk, vanilla, baking soda, cinnamon, ginger, cloves, allspice, pepper and salt; beat on medium-high until incorporated, about 30 seconds, scraping down the bowl and beaters as needed.

5. Turn the mixer to medium and slowly add the ground oats. Scrape down the bowl; with the mixer on medium, slowly add whole-wheat flour. (The dough will be moderately sticky.)

6. Using a slightly rounded tablespoon of dough, roll into balls, then roll in the rolling sugar to coat. (If necessary, wet your fingers to help roll without sticking.) The zest will make the mixture slightly wet and it will clump; lightly brush off the excess so that just a thin coat is on the cookie. Place cookies about 1 inch apart on the prepared baking sheet.

7. Bake the cookies in batches until the edges are set and the tops are cracked, but the centers are still soft and puffy, about 10 minutes.

8. Let the cookies cool on the baking sheet for 8 minutes. Serve warm or cool on a wire rack.

Per cookie: 85 calories; 2 g fat (1 g sat, 0 g mono); 9 mg cholesterol; 16 g carbohydrate; 5 g added sugars; 1 g protein; 1 g fiber; 48 mg sodium; 77 mg potassium.

Carbohydrate Servings: 1

Exchanges: ½ starch, ½ other carbohydrate

Raspberry-Chocolate Thumbprint Cookies

Makes: 2 dozen cookies

Active time: 30 minutes

Total: 1 hour

To make ahead: Store in an airtight container for up to 2 days.

Heart Health Diabetes Weight Loss Gluten Free

These cookies taste decadent, yet are made with ingredients that have healthful benefits: oats, almonds, fruit and chocolate. The thumbprints are versatile as well—use a different type of filling or different extracts to create a completely different cookie.

1 cup whole almonds

1½ cups whole-wheat pastry flour
(see *Tips*)

½ cup oat flour (see *Tips*)

2 teaspoons baking powder

¼ teaspoon salt

⅓ cup light oil, such as safflower or canola

⅓ cup maple syrup

¼ cup apple juice

1 teaspoon almond extract

1 teaspoon vanilla extract

⅓ cup chocolate chips, preferably bittersweet

2 tablespoons raspberry preserves

1. Position rack in center of oven; preheat to 350°F. Coat a baking sheet with cooking spray or line with parchment paper or a non-stick baking mat.

2. Process almonds in a blender in 2 batches until finely ground. Transfer to a large bowl and add whole-wheat flour, oat flour, baking powder and salt. Whisk oil, maple syrup, apple juice, almond and vanilla extracts in a medium bowl. Add the wet ingredients to the dry ingredients; stir to combine. Use your hands to knead the dough together; add 1 to 2 tablespoons additional apple juice if the mixture is too crumbly.

3. Form level tablespoonfuls of dough into balls and place on the prepared baking sheet about 2 inches apart. Gently flatten each ball into a disk, then make an indentation in the center using your thumb or a small spoon. Place a few chocolate chips in each indentation, then cover with ¼ teaspoon preserves.

4. Bake the cookies, one batch at a time, until golden around the edges, 15 to 17 minutes. Transfer to a wire rack to cool completely.

Per cookie: 126 calories; 7 g fat (1 g sat, 3 g mono); 0 mg cholesterol; 14 g carbohydrate; 5 g added sugars; 2 g protein; 2 g fiber; 67 mg sodium; 67 mg potassium.

Carbohydrate Servings: 1

Exchanges: ½ starch, ½ other carbohydrate, 1½ fat

Tips:

Whole-wheat pastry flour is milled from soft wheat. It contains less gluten than regular whole-wheat flour and helps ensure a tender result in delicate baked goods while providing the nutritional benefits of whole grains.

Oat flour, made from finely milled whole oats, is a good source of dietary fiber and whole grains. It can replace a portion of all-purpose flour in many baking recipes and adds an oat flavor and texture.





Ginger Crinkle Cookies

Makes: 34 cookies

Active time: 10 minutes

Total: 1 hour

To make ahead: Store in an airtight container at room temperature for up to 5 days.

Heart Health Diabetes Weight Loss Gluten Free

Cynthia Farr-Weinfeld developed this recipe when she started improving the nutritional profile of a friend's mother's ginger cookie recipe by substituting whole-wheat pastry flour for all-purpose flour and canola oil for shortening. "Experiment with these cookies," she advises, "as they taste great either slightly underdone or crispy." She calls them "the quickest cookies you'll ever bake."

- $\frac{2}{3}$ cup canola oil
- $1\frac{1}{2}$ cups turbinado sugar, divided (see *Tip*)
- 1 large egg
- 4 tablespoons molasses
- 2 cups sifted whole-wheat pastry flour
- 2 teaspoons baking soda
- $1\frac{1}{4}$ teaspoons ground cinnamon
- $1\frac{1}{4}$ teaspoons ground ginger
- $\frac{1}{4}$ teaspoon sea salt

1. Preheat oven to 350°F.
 2. Mix oil and 1 cup sugar in a large bowl until combined. Beat in egg until combined. Stir in molasses until evenly incorporated. Sift flour, baking soda, cinnamon, ginger and salt over the wet ingredients and stir until just combined.
 3. Put the remaining $\frac{1}{2}$ cup sugar in a small bowl. Roll the dough into 1-inch balls and roll each ball in the sugar before placing 2 inches apart on an ungreased baking sheet. Do not flatten.
 4. Bake the cookies until set, but still soft when gently touched, 10 to 12 minutes. Transfer to a wire rack to cool.
- Per cookie:** 103 calories; 5 g fat (0 g sat, 3 g mono); 6 mg cholesterol; 15 g carbohydrate; 9 g added sugars; 1 g protein; 1 g fiber; 94 mg sodium; 38 mg potassium.
- Carbohydrate Servings:** 1
- Exchanges:** 1 other carbohydrate, 1 fat

Tip: Turbinado sugar is steam-cleaned raw cane sugar. It's coarse-grained and light brown in color, with a slight molasses flavor. The coarse texture adds great crunch when used in baking. Find it in the natural-foods section of large supermarkets or at natural-foods stores.

Boot Tracks

Makes: 3 dozen cookies

Active time: 30 minutes

Total: 30 minutes

To make ahead: Store in an airtight container for up to 1 day. Dust with additional confectioners' sugar just before serving.

Heart Health Diabetes Weight Loss Gluten Free

This quick, no-fuss, chewy chocolate cookie is made on your waffle iron. No need to haul out the big mixer, you can mix the batter with a small hand mixer or even by hand. Kids love these!

- $\frac{1}{2}$ cup salted butter
- $\frac{2}{3}$ cup granulated sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 1 cup whole-wheat pastry flour
- 6 tablespoons cocoa powder
- 2 tablespoons canola oil
- $\frac{1}{2}$ teaspoon espresso powder (optional)
- Confectioners' sugar for dusting

1. Preheat a nonstick (not Belgian) waffle iron.
2. Cream butter and sugar in a medium bowl. Beat in eggs and vanilla. Add flour, cocoa powder, oil and espresso powder (if using). Beat until thoroughly combined.
3. Drop the batter by rounded teaspoonfuls about 1 inch apart onto the preheated ungreased waffle iron. (To avoid burnt fingers, use two spoons, one to scoop and one to scrape dough onto the waffle iron.) Close and cook until the cookies are puffed and cooked through, 1 to $1\frac{1}{2}$ minutes. Waffle irons vary, so watch closely and don't let the cookies get too dark. Transfer to a wire rack to cool until just warm. Dust the cookies with confectioners' sugar while still slightly warm (see *Variations*).



Per cookie: 63 calories; 4 g fat (2 g sat, 1 g mono); 17 mg cholesterol; 7 g carbohydrate; 4 g added sugars; 1 g protein; 1 g fiber; 27 mg sodium; 18 mg potassium.

Carbohydrate Servings: $\frac{1}{2}$

Exchanges: $\frac{1}{2}$ other carbohydrate, $\frac{1}{2}$ fat

Variations: Instead of confectioners' sugar, drizzle cooled cookies with melted bittersweet and/or white chocolate. Or make a peppermint drizzle: Mix 1 cup confectioners' sugar, 4 teaspoons water and $\frac{1}{4}$ teaspoon peppermint extract; add natural green food coloring, if desired.



Double Nut & Date Tassies

Makes: 2 dozen cookies

Active time: 50 minutes

Total: 1 hour 10 minutes

To make ahead: Store in an airtight container for up to 3 days or freeze for up to 3 months.

Equipment: 24-cup mini muffin pan or two 12-cup mini muffin pans.

Heart Health Diabetes Weight Loss Gluten Free

The two-bite pecan tarts satisfy the sweet tooth with far less guilt than pecan pie.

Crust

¼ cup whole-wheat pastry flour
(see *Tip*)

¼ cup packed light brown sugar

½ cup walnuts, coarsely chopped

1 tablespoon cornstarch

2 tablespoons unsalted butter

Pinch of salt

Filling

4 ounces pitted dried dates
(about $\frac{3}{4}$ cup)

$\frac{3}{4}$ cup water

¼ cup packed light brown sugar

2½ tablespoons unsalted butter

4 tablespoons reduced-fat cream cheese

1¼ teaspoons vanilla extract

½ cup pecans, chopped

Confectioners' sugar for dusting or whipped cream for garnish

1. Preheat oven to 375°F. Coat 24 mini muffin cups with cooking spray.

2. To prepare crust: Pulse flour, brown sugar, walnuts, cornstarch, 2 tablespoons butter and salt in a food processor (a mini food processor works well) until the mixture resembles coarse meal. Divide the crust mixture among the prepared mini muffin cups (about $\frac{1}{4}$ teaspoons per cup) and press evenly into the bottoms.

3. To prepare filling: Combine dates, water, brown sugar and $2\frac{1}{2}$ tablespoons butter in a small saucepan. Bring to a boil over medium-high heat and cook, stirring frequently, until most of the liquid has cooked away, 8 to 12 minutes. Let cool slightly, then process the date mixture in a blender or food processor until processed into a paste. Add cream cheese and vanilla; blend or process to combine. Transfer to a medium bowl. Stir in pecans. Divide the date-nut filling among muffin cups (1 generous teaspoon each), gently pressing the filling down and smoothing the tops.

4. Bake until the crust is golden brown and the filling is lightly cooked, 15 to 17 minutes. Let cool in the pans for 10 minutes. Loosen the edges of the crust with a small spatula or butter knife and transfer the tassies to a wire rack to cool. Sprinkle with confectioners' sugar or serve with a dollop of whipped cream, if desired.

Per cookie: 93 calories; 6 g fat (2 g sat, 2 g mono); 7 mg cholesterol; 10 g carbohydrate; 4 g added sugars; 1 g protein; 1 g fiber; 24 mg sodium; 60 mg potassium.

Carbohydrate Servings: $\frac{1}{2}$

Exchanges: 1 other carbohydrate, 1 fat

Tip: Whole-wheat pastry flour has less gluten-forming potential than regular whole-wheat flour and helps ensure tender baked goods. Find it in the baking section of the supermarket or online at bobsredmill.com and kingarthurfLOUR.com.

Chocolate Coconut Meringues

Makes: 30 cookies

Active time: 25 minutes

Total: 3 hours

To make ahead: Store in an airtight container for up to 3 days. Some crispness may be lost during storage.

Heart Health Diabetes Weight Loss Gluten Free

These chocolate, coconut and almond meringue cookies are so light and airy, they are a perfect little treat that's not too heavy.

4 large egg whites

¼ teaspoon cream of tartar

¼ teaspoon coconut extract or imitation coconut extract

¼ teaspoon almond extract

¼ teaspoon vanilla extract

⅛ teaspoon salt

1 cup sugar

¼ cup unsweetened cocoa powder

2 tablespoons semisweet chocolate chips or finely chopped chocolate

2 tablespoons trans-fat-free white chocolate chips or finely chopped white chocolate, such as Sunspire

1. Position racks in upper and lower thirds of oven; preheat to 250°F. Line 2 large baking sheets with parchment paper or nonstick baking mats.

2. Beat egg whites, cream of tartar, coconut, almond and vanilla extracts and salt in a large bowl with an electric mixer on medium-high speed until combined. Gradually beat in sugar, 2 tablespoons at a time, beating until stiff, shiny peaks form, 6 to 8 minutes.

3. Sift cocoa over the mixture and gently fold together with a rubber spatula until combined.

4. Spoon the meringue into a gallon-size sealable bag (or pastry bag fitted with a ½-inch tip). Seal the bag, pressing out as much air as possible. Cut a ½-inch hole in one corner of the bag. Pipe the meringue into 2-inch circles, about 1 inch apart, on the prepared baking sheets.

5. Bake on the upper and lower racks for 50 minutes. Turn off the heat and let the meringues stand in the oven with the door closed until completely dry, about 1½ hours.

6. Melt semisweet and white chocolate (see *Tips*) and drizzle or pipe onto the cooled meringues. Let stand until it sets.

Per cookie: 36 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 8 g carbohydrate; 7 g added sugars; 1 g protein; 0 g fiber; 17 mg sodium; 25 mg potassium.

Carbohydrate Servings: ½

Exchanges: ½ other carbohydrate.

Tips:

To melt chocolate, place chocolate in a bowl and microwave on Medium for 45 seconds. Stir; continue microwaving on Medium in 20-second intervals until almost melted, stirring after each interval. Continue stirring until completely melted. Or place in the top of a double boiler over hot, but not boiling, water. Stir until melted.

To decorate cookies with melted chocolate, use a pastry bag fitted with a fine writing tip to pipe the melted chocolate or dip tines of a fork in chocolate and drizzle. You can improvise a pastry bag with a small plastic bag. Add melted chocolate to the bag, cut a tiny hole in one corner and squeeze the chocolate out.





Lusciously Nutty Holiday Logs

Makes: 2 dozen cookies

Active time: 30 minutes **Total:** 1¼ hours

To make ahead: Store in an airtight container at room temperature for up to 2 days or freeze without the chocolate drizzle (Step 8) for up to 1 month. Defrost at room temperature before decorating with the chocolate drizzle.

Heart Health Diabetes Weight Loss Gluten Free

These phyllo rolls flavored with orange and dark chocolate are a winning cookie that makes a lovely addition to any holiday cookie platter!

- 1 cup finely chopped walnuts
- ⅓ cup plus 5 teaspoons sugar, divided
- 1 tablespoon freshly grated orange zest
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground cloves
- 8 sheets phyllo dough (9-by-14-inch), thawed
- Canola oil cooking spray

Topping

- ⅓ cup semisweet chocolate chips

1. Preheat oven to 300°F. Line 2 large baking sheets with parchment paper or nonstick baking mats.

2. **To prepare logs:** Combine nuts, ⅓ cup sugar, orange zest, cinnamon and cloves in a small bowl.

3. Place one sheet of phyllo dough on a clean, dry surface. Coat thoroughly with cooking spray. Top with another sheet of phyllo and coat with cooking spray. Sprinkle one-quarter of the walnut mixture (about ⅓ cup) evenly over the phyllo.

4. Using a sharp knife, cut the large phyllo rectangle lengthwise into 3 strips then in half crosswise to form 6 smaller rectangular strips.

5. Beginning at the short ends, loosely roll each strip into a neat log. Repeat with the remaining phyllo and walnut mixture.

6. Place the logs about ½ inch apart on the prepared baking sheets. Spray tops lightly with cooking spray and sprinkle with the remaining 5 teaspoons sugar.

7. Bake the logs, in batches, until golden, about 25 minutes. Let cool completely.

8. **To prepare topping:** Place chocolate chips in a small microwave-safe dish. Microwave on High for 30 seconds. Stir. Continue to microwave for 20-second intervals until melted, stirring after each interval. Transfer the chocolate to a plastic sandwich bag. Snip off one corner, being careful not to make the opening too large. Squeeze the melted chocolate decoratively across the top of each cooled log. Let stand at room temperature until the chocolate is completely set.

Per cookie: 76 calories; 4 g fat (1 g sat, 1 g mono); 0 mg cholesterol; 9 g carbohydrate; 5 g added sugars; 1 g protein; 1 g fiber; 31 mg sodium; 36 mg potassium.

Carbohydrate Servings: ½

Exchanges: ½ carbohydrate (other), 1 fat

Cranberry-Orange-Nut Cookies

Makes: 2½ dozen cookies

Active time: 35 minutes

Total: 1½ hours

To make ahead: Prepare the dough through Step 2, cover and refrigerate for up to 3 days. Store the cookies in an airtight container at room temperature for up to 5 days.

Heart Health Diabetes Weight Loss Gluten Free

Crisp, moist and chewy, this cookie has the essential ingredients for the holidays: citrus, nuts and cranberries. These cookies travel well for gift-giving and lunchboxes.

- 1½ cups whole-wheat pastry flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 cup chopped walnuts
- ½ cup chopped dried cranberries
- 1 cup plus 3 tablespoons sugar, divided
- ½ cup smooth, unsweetened applesauce
- ¼ cup canola oil
- 1 tablespoon freshly grated orange zest
- 3 tablespoons orange juice

1. Whisk flour, baking powder, baking soda and salt in a large bowl. Stir in walnuts and dried cranberries.

2. Whisk 1 cup sugar, applesauce, oil, orange zest and juice in a medium bowl until smooth. Make a well in the dry ingredients and pour in the wet ingredients. Mix until well blended. Cover with plastic wrap and chill for 30 minutes.

3. Preheat oven to 350°F. Line a baking sheet with parchment paper or a nonstick baking mat.



4. Put the remaining 3 tablespoons sugar into a small flat-bottomed dish or pan. Roll the dough with floured hands (it will be very moist) into 1½-inch balls, then roll in sugar to coat. Place 2 inches apart on the prepared baking sheet.

5. Bake the cookies until barely golden brown, 12 to 15 minutes. Cool on the pan for 1 minute; transfer to a wire rack to cool completely.

Per cookie: 102 calories; 5 g fat (0 g sat, 1 g mono); 0 mg cholesterol; 15 g carbohydrate; 9 g added sugars; 1 g protein; 1 g fiber; 94 mg sodium; 24 mg potassium.

Carbohydrate Servings: 1

Exchanges: 1 other carbohydrate, 1 fat



Date Bran Jingle Balls

Makes: 16 cookies

Active time: 25 minutes

Total: 55 minutes

To make ahead: Store in an airtight container, separating balls with layers of wax paper, in the refrigerator for up to 5 days.

Heart Health Diabetes Weight Loss Gluten Free

This quick, easy, no-bake date-nut balls can fill a special niche in your holiday repertoire.

- 2 cups bran flakes cereal**
- $\frac{3}{4}$ cup whole pitted dates**
- $\frac{1}{2}$ cup pecans, toasted**
- 3 tablespoons honey**
- 2 tablespoons cream cheese, softened**
- 2 teaspoons brandy, orange liqueur or orange juice**
- $\frac{1}{2}$ cup finely chopped nuts, date sugar, coconut or toasted wheat germ**

1. Place cereal, dates and pecans in a food processor and process until finely chopped. Add honey, cream cheese and brandy (or orange liqueur or orange juice) and pulse until a stiff dough forms.

2. Scoop tablespoon-size portions and shape with greased hands into balls. Roll each ball in chopped nuts (or date sugar or coconut or wheat germ). Place on wax paper. Let stand at room temperature for 30 minutes before serving or storing.

Per cookie: 100 calories; 5 g fat (1 g sat, 3 g mono); 2 mg cholesterol; 14 g carbohydrate; 3 g added sugars; 1 g protein; 2 g fiber; 43 mg sodium; 109 mg potassium.

Carbohydrate Servings: 1

Exchanges: 1 other carbohydrate, 1 fat

Dark Chocolate Florentines

Makes: about 3 dozen sandwich cookies

Active time: 35 minutes

Total: 1 hour 5 minutes

To make ahead: Store in an airtight container at room temperature for up to 2 days.

Heart Health Diabetes Weight Loss Gluten Free

A delicious—and healthier—version of an oat-chocolate sandwich cookie.

- $\frac{1}{3}$ cup unsalted butter**
- $\frac{1}{4}$ cup canola oil**
- 2 cups quick-cooking oats**
- $\frac{3}{4}$ cup sugar**
- $\frac{1}{3}$ cup whole-wheat flour**
- $\frac{1}{4}$ cup low-fat milk or low-fat plain soymilk**
- 1 teaspoon vanilla extract**
- $\frac{1}{4}$ teaspoon salt**
- $\frac{1}{2}$ cup toasted almonds or walnuts, finely chopped**
- $\frac{1}{2}$ cup semisweet or dark chocolate chips**
- $\frac{1}{2}$ cup apricot preserves**

1. Preheat oven to 375°F. Line 2 large baking sheets with foil or nonstick baking mats.

2. Melt butter in a medium saucepan. Remove from the heat. Add oil, oats, sugar, flour, milk (or soymilk), vanilla, salt and nuts and mix well. Drop level teaspoons of dough 3 inches apart onto the prepared baking sheets. Spread or press each cookie into a thin, 2-inch circle with a fork or damp fingertips.

3. Bake the cookies, in batches, until set, 5 to 7 minutes. Let cool completely before removing from the foil or mats. (The cookies will appear somewhat lacy.)



4. When the cookies are cool, melt chocolate chips in a double boiler over hot, not boiling, water (or microwave in 15-second intervals, stirring in between). Gently spread the chocolate on the flat side of half (about 36) of the cookies. Gently spread a little jam on the flat side of the remaining cookies. Press the apricot and chocolate halves together to make sandwich cookies.

Per cookie: 108 calories; 6 g fat (2 g sat, 2 g mono); 5 mg cholesterol; 14 g carbohydrate; 8 g added sugars; 1 g protein; 1 g fiber; 19 mg sodium; 18 mg potassium.

Carbohydrate Servings: 1

Exchanges: 1 carbohydrate (other), 1 fat



Sugarplum Biscotti

Makes: 2½ dozen biscotti

Active time: 45 minutes

Total: 2 hours

To make ahead: Store airtight for up to 3 days or freeze for up to 3 months.

Equipment: Parchment paper or nonstick baking mats.

Heart Health Diabetes Weight Loss Gluten Free

Dunk these fruitcake-inspired whole-grain biscotti in a cup of hot tea or coffee.

- ½ cup dried tart cherries
- ½ cup golden raisins
- 2 tablespoons dark rum
- 1½ cups old-fashioned rolled oats
- 1¼ cups white whole-wheat flour
(see *Tips*)
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon kosher salt
- ¼ teaspoon ground cardamom
- 2 large eggs
- ¾ cup granulated sugar
- 2 tablespoons unsalted butter,
at room temperature
- 1 tablespoon freshly grated
orange zest
- 1 tablespoon vanilla extract
- 1 teaspoon almond extract
- ½ cup chopped toasted pecans (see
Tips)
- 3 ounces bittersweet chocolate,
chopped into small, uneven chunks

1. Position rack in center of oven; preheat to 350°F. Line 2 large baking sheets with parchment paper or nonstick baking mats.
2. Toss dried cherries and raisins with rum in a small bowl. Set aside.
3. Pulse oats in a food processor until ground to a coarse, but uniform, meal.
4. Whisk the ground oats, flour, baking powder, baking soda, salt and cardamom in a medium bowl. Beat eggs, sugar and butter in a mixing bowl with an electric mixer on high speed until light and fluffy, about 2 minutes. Beat in orange zest, vanilla and almond ex-

tracts. With the mixer on low, gradually add the dry ingredients just until incorporated. Add the reserved dried fruit, along with any unabsorbed rum, pecans and chocolate and mix on low until evenly distributed.

5. On one of the prepared baking sheets, shape the dough into two 12-by-2½-inch logs. (The dough is sticky; wet or oiled hands make it easier to shape into a log.) Bake in the center of the oven until lightly browned and feels set when gently touched, about 25 minutes. Let cool on the baking sheet for 10 minutes.

6. Reduce the oven temperature to 300°; reposition the racks to the upper and lower thirds of the oven. Using a serrated knife with a gentle sawing motion, slice the partially cooled logs on a slight angle into ½-inch-thick slices. Place the slices, cut-side down, on the 2 baking sheets.

7. Bake the biscotti until they're dry on top and lightly toasted on the bottom, about 15 minutes. Turn over and bake for 15 minutes more on the second side. Transfer to a wire rack to cool.

Per biscotti: 114 calories; 4 g fat (1 g sat, 1 g mono); 16 mg cholesterol; 18 g carbohydrate; 6 g added sugars; 2 g protein; 2 g fiber; 53 mg sodium; 54 mg potassium.

Carbohydrate Servings: 1

Exchanges: 1 carbohydrate (other), 1 fat

Tips:

White whole-wheat flour, made from a special variety of white wheat, is light in color and flavor but has the same nutritional properties as regular whole-wheat flour. It is available in large supermarkets and at natural-foods stores (or online at bobsredmill.com or kingarthurfLOUR.com). Store it in the freezer.

To toast chopped nuts, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes. To toast whole nuts, spread on a baking sheet and bake at 350°F, stirring once, until fragrant, 7 to 9 minutes.

About EatingWell

The EatingWell mission is to provide the inspiration and information people need to make healthy eating a way of life.


- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.


EatingWell reaches millions of consumers through the award-winning *EatingWell* Magazine, www.EatingWell.com, EatingWell cookbooks and licensing partners that trust EatingWell to provide healthy recipes, how-to instruction, diet and nutrition articles and custom healthy-eating solutions.


We hope you enjoy our recipes and feel informed and inspired to make healthy eating *your* way of life!


About EatingWell health tags

A recipe checked...

 **Heart Health** has limited saturated fat.

 **Diabetes** is low in calories and meets limits for Carbohydrate Servings.

 **Weight Loss** has reduced calories (and limited saturated fat).

 **Gluten Free** does not contain wheat, rye, barley or oats.
(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked “Gluten Free,” the serving suggestions that accompany it may contain gluten.)