

Heart-Healthy Cookies

Peanut Butter Cookies

Ingredients:

- Vegetable oil spray
- ½ cup margarine, room temperature
- ½ cup sugar
- ½ cup firmly packed brown sugar
- 1 egg
- ½ cup creamy peanut butter (reduced fat)
- ½ teaspoon baking soda
- 1 cup all-purpose flour
- ½ teaspoon vanilla

Instructions:

1. Preheat oven to 350 degrees Fahrenheit. Lightly spray cookie sheet with vegetable oil.
2. In a large mixing bowl, using the back of a wooden spoon, cream margarine until soft. Add sugars gradually and mix until creamy. Mix in egg, peanut butter and baking soda.
3. Add flour slowly to batter, mixing constantly. Then, add vanilla and mix well.
4. Roll dough into small balls about the size of a pecan. Place on prepared cookie sheet.
5. Dip a fork into flour. Use the fork to flatten the balls lightly in a crisscross pattern.
6. Bake 12 to 15 minutes.

Source: American Heart Association Cookbook (5th Edition)

Find the video for this recipe and more at LSUAgCenter.com/BuildAHealthyMeal. The Build a Healthy Video Series and recipe cards are made possible through an LSU AgCenter partnership with Louisiana Healthcare Connections. Learn more about Healthy Louisiana Medicaid and Louisiana Healthcare Connections at www.ChooseLouisianaHealth.com

Serves: 30

Prep Time: 10 minutes

Cook Time: 12-15 minutes

Nutrition Facts

30 servings per container

Serving size 1 cookie

Amount per serving

Calories 90

% Daily Value*

Total Fat 4g 5%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 75mg 3%

Total Carbohydrate 12g 4%

Dietary Fiber 0g 0%

Total Sugars 7g

Includes 7g Added Sugars 14%

Protein 2g

Vitamin D 0mcg 0%

Calcium 7mg 0%

Iron 0mg 0%

Potassium 45mg 0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Oatmeal Raisin Pecan Cookies

Ingredients:

- 1/2 cup raisins
- 1 cup margarine, unsalted
- 1/4 cup Splenda® (sucralose) sugar blend
- 1 large egg
- 1/2 cup unsweetened applesauce
- 2 cups all-purpose flour
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 3/4 teaspoon salt
- 3/4 teaspoon baking powder
- 1/2 cup uncooked rolled oats
- 1/2 cup chopped pecans

Instructions:

1. Preheat the oven to 350 degrees Fahrenheit.
2. Put the raisins in a small microwaveable bowl and cover
3. them with water. Microwave on 100 percent (high) for 2 to 3 minutes. Then, let the raisins soak for 10 to 15 minutes. Drain well using a colander and set aside.
4. In a large bowl, using the back of a wooden spoon, cream the margarine and Splenda® sugar blend until just blended. Mix in the egg and applesauce.
5. In a medium bowl, stir together the flour, cinnamon, vanilla, salt and baking powder. Gradually stir the flour mixture into the Splenda® sugar blend mixture just until moistened but no flour is visible.
6. Gently fold in the oats, pecans, and raisins.
7. Using 2 tablespoons, drop the dough about 2 inches apart on a large baking sheet or two small baking sheets to make 24 cookies. With the palm of your hand or a fork, lightly flatten each cookie.
8. Bake for 10 to 12 minutes, or until the bottoms are golden brown.

Source: American Heart Association

Serves: 24

Prep Time: 15-20 minutes

Cook Time: 10-12 minutes

Nutrition Facts	
24 servings per container	
Serving size	1 cookie
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 80mg	3%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 28mg	2%
Iron 0mg	0%
Potassium 64mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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