



3-Ingredient Prune Cookies



16 Sunsweet® prunes
2 Tablespoons hot water
1 cup rolled oats
1/4 cup chopped walnuts

Instructions: Preheat oven to 375°F. In a food processor, pulse prunes and hot water until smooth. Pulse in oats and walnuts until sticky dough forms. Roll into 12 balls and place on a cooking sheet lined with parchment paper. Bake for 15 minutes. Immediately after removing from oven, tap each of the down with the bottom of a glass to form a cookie shape and let cool.

Yield: 12 servings, 1 cookie each

Nutrition Facts (per serving): 60 calories, 2 grams fat, 0 milligrams sodium, 10 grams carbohydrate, 2 grams fiber, 2 grams protein