



Whole Wheat Apple Cookies

¾ cup whole wheat flour	1 tsp. sucralose (Splenda®)
¼ cup all-purpose flour	2 Tbsp. corn oil
½ tsp. baking soda	½ cup unsweetened applesauce
½ tsp. nutmeg	1/3 cup walnuts, finely chopped
¼ cup light brown sugar	

Directions

1. Preheat oven to 375°F. Wash hands with soap and water. Sift together flour, baking soda, and spices
2. Stir in sugar, Splenda®, oil, and applesauce
3. Fold in walnuts
4. Drop by rounded tablespoon onto cookie sheet. Bake for 10 minutes or until lightly browned. **Yield:** 15 cookies

Nutrition Facts (per cookie): 80 calories, 3.5 grams fat, 45 milligrams sodium, 11 grams carbohydrate, 1 grams fiber, 2 grams protein

Find this recipe and more at go.illinois.edu/diabetesrecipes

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