



## Lemon-Honey Drop Cookies

Makes 32 cookies

Very easy, light and very lemony. A cakey cookie that is moist and surprisingly low in saturated fat and calories. Enjoy with a cup of tea.

- 1/2 cup granulated sugar
- 7 Tbsp.. trans fat free margarine (such as Promise Buttery Spread or Smart Balance)
- 2 tsp. grated lemon rind
- 1/3 cup honey
- 1 tsp. lemon extract
- 1/4 cup egg substitute
- 3/4 cup all-purpose flour\*
- 1 cup whole wheat flour\*
- 1 tsp. baking powder
- 1/2 tsp. salt
- 1/4 cup plain fat-free yogurt
- Cooking spray
- 1 cup powdered sugar
- 2 tsp. fresh lemon juice
- 2 tsp. grated lemon rind
- \* Use 1 3/4 cups all purpose flour and omit the whole wheat flour.

- Preheat oven to 350°.
- Beat first 3 ingredients with a mixer at medium speed until light and fluffy. Add honey, lemon extract and egg substitute. Beat until well blended. Combine flour, baking powder, and salt, stirring well with a whisk. Add flour mixture to sugar mixture alternately with yogurt, beginning and ending with flour mixture.
- Drop by level tablespoons 2 inches apart onto baking sheets coated with cooking spray. Bake at 350° for 12 minutes.
- Combine powdered sugar, lemon juice and grated lemon rind in a small bowl; stir with a whisk. Brush powdered sugar mixture evenly over hot cookies. Remove cookies from pan; cool on wire racks.

Recipe adapted from Cooking Light Magazine.

### **Nutritional Information (per cookie):**

|                   |                     |
|-------------------|---------------------|
| Calories: 83      | Carbohydrate: 15.1g |
| Total Fat: 2.2g   | Dietary Fiber: 0.5g |
| Saturated Fat: 0g | Protein: 1.1g       |