

Holiday Bites

A delicious, lower fat cookie bursting with dried fruit and nuts.

Ingredients

1/4 cup (60 ml) soft, non-hydrogenated margarine
1/4 cup (60 ml) brown sugar, packed
1 Tbsp (15 ml) ground flaxseed
5 Tbsp (75 ml) warm water
1/2 tsp (2 ml) baking soda
1/8 tsp (0.5 ml) salt
1/2 tsp (2 ml) cinnamon

1 cup (250 ml) all purpose flour
1/2 cup (125 ml) whole wheat flour
1/3 cup (75 ml) walnut pieces
1/3 cup (75 ml) raisins
1/3 cup (75 ml) dried cranberries
1/3 cup (75 ml) dried apricots, diced

Instructions

1. In a large mixing bowl, cream together the margarine and brown sugar until smooth.
2. In a small bowl, mix the ground flaxseed with the warm water. Add to the margarine and brown sugar mixture.
3. Add baking soda, salt and cinnamon. Mix well.
4. Add the all purpose and whole wheat flours. Mix until just combined.
5. In a small bowl, soak the raisins and cranberries and apricots in warm water until plump.
6. Lightly toast the walnut pieces in a frying pan or on a cookie sheet in the oven. Add to the cookie batter.
7. Drain water and add raisins, cranberries and apricots to the cookie batter. Mix until combined.
8. Shape into small balls approximately 1 inch in diameter. Place on a lined cookie sheet.
9. Bake in 350 degree preheated oven for 15 minutes or until slightly brown.
10. Let the cookies stand for 10 minutes. Enjoy! Makes 3 dozen cookies