

JUMBO RAISIN COOKIES

INGREDIENTS

- 1 C Water
- 2 C Golden raisins
- 4 C Whole wheat pastry flour **OR** gluten-free flour of your choice
- 1 t Baking Powder
- 1 t Baking Soda
- 2 t Salt
- 1 1/2 t Cinnamon
- 1/4 t Nutmeg
- 1/4 t Allspice
- 1 C Earth Balance for baking
- 2 C Sugar substitute
- 3/4 C Egg substitute
- 1 t Vanilla
- 1 C Walnuts (chopped) (You can leave this out & it won't effect the recipe)
- Non-stick cooking spray



BAKING INSTRUCTIONS

- 1 Add water & raisins to a pot & heat at medium until the liquid is reduced to almost nothing & then allow the raising to cool for at least 1/2 an hour
- 2 Stir together flour, baking powder, baking soda, salt, cinnamon, nutmeg & allspice in a bowl
- 3 Add egg substitute or eggs, healthy margarine or applesauce, sugar & vanilla
- 4 Mix thoroughly & add cooled raisin mixture & walnuts
- 5 Heat oven to 400 F
- 6 Spray cookie sheets
- 7 Drop mix by full teaspoons on cookie sheets spacing them 3 across
- 8 Bake for 12 to 15 minutes on middle shelf of the oven
- 9 Let the cookies sit for at least 5 minutes before removing them gently with a spatula to a cooling rack
- 10 Should make 5 dozen cookie

FLOUR SUBSTITUTES

Coconut flour
Tapioca flour
Quinoa flour
Almond flour
Potato starch

SUGAR SUBSTITUTES

Splenda Sugar Blend for Baking
Maltitol
Agave
Honey
Low Cal Maple Syrup

OIL & MARGARINE SUBSTITUTES

Applesauce
Banana Puree
Prune Puree
Mango Puree
Pumpkin Puree
WonderSlim

