

Kitchen Sink Cookies



Recipe courtesy of Ellie Krieger

Show: Healthy Appetite with Ellie Krieger Episode: Secret Weapons



Applesauce fills in for some of the butter and oil in Ellie Krieger's cookies, reducing the fat and keeping the cookies moist. Apricots and cherries lend a little natural sweetness.

Level: Intermediate

Total: 53 min

Prep: 40 min

Cook: 13 min

Yield: 18 to 20 cookies, (about 2 cookies per serving)

Ingredients:

2 tablespoons unsalted butter, softened

2 tablespoons canola oil

1/3 cup light brown sugar

1/4 cup applesauce

1 egg white

1 teaspoon vanilla

2/3 cup whole-wheat pastry flour

1/2 cup oatmeal

1/4 teaspoon salt

1/4 teaspoon ground cinnamon

1/4 cup chopped dried cherries

1/4 cup chopped dried apricots

1/4 cup lightly toasted walnuts

2 ounces dark chocolate, cut into chunks

Cooking spray

Directions:

- 1 Preheat oven to 375 degrees F.
- 2 Combine butter, oil and brown sugar in the bowl of a stand mixer and mix on high speed, stopping occasionally to scrape down bowl, until mixture is light and fluffy, about 2 minutes. Add applesauce, egg white and vanilla and mix to combine. Add flour, oatmeal, salt and cinnamon and mix just until just combined. Add cherries, apricots, walnuts and chocolate and mix to combine.
- 3 Spray 1 baking sheet with cooking spray. Using 1 tablespoon cookie dough at a time, roll into balls and place 2-inches apart on baking sheet. Press cookies down with the palm of your hand to flatten slightly, as cookies will not spread as much as cookies with more butter. Bake for 12 to 14 minutes, or until lightly browned but still soft. Remove from oven and cool on racks.



Cook's Note

Ingredients without discrete measurements such as "Salt, to taste" or "Ice cream, optional" are omitted from analysis. This is because amounts can be highly variable and difficult to determine.
