

DESSERT: Tollhouse Cookies, the Healthy Way

Modifications by **Mark Craig, MS, CCRP**, exercise physiology coordinator at LMH Cardiac Rehab; Lincoln Memorial Hospital in Lincoln, Illinois. “I just took the Tollhouse cookie recipe and looked for healthier alternatives for all the ingredients” that still produced a tasty treat, he shares.

Ingredients:

- ¾ cup brown sugar
- ¼ tsp of salt
- ¾ to 1 cup of unsweetened applesauce
- 10 ounces of cacao chips (the better the dark chocolate, the better the cookies will be!)
- 1/3 cup of white flour
- ¼ cup dried cranberries
- 1 tsp baking powder
- 3 tsp vanilla extract
- 4 egg whites
- 2 ¼ cup almond flour or almond meal

Directions:

For this lighter cookie, which has only about 55 calories per serving, use white flour only as a thickener, since the mixture can be a bit runny; add flour gradually until the dough is thick enough to form cookies. Add a heaping teaspoon of mix for each cookie. It will yield about a 3- to 3 ½-inch cookie. Bake at 330 degrees F for about 16 minutes, watching for the edges to brown. Tip: use a little oil on the pan to prevent sticking.