

Breakfast Hermits

Ready in 2.5 hours - makes 5 dozen cookies



DebraD baked these and brought them for our 3rd Anniversary!

They are absolutely DEEEELICIOUS! You would never know there is no sugar at all in them.

2 1/2 cups whole wheat flour
1/2 cup protein powder
2tsp baking powder (look for aluminum-free)
1/4 tsp ground cloves
1/4 tsp ground cinnamon
1/2 tsp ground nutmeg
1/8 tsp ground mace
1/8 tsp ground cardamom
1/4 tsp sea salt
1/2 cup olive oil
1/2 cup agave nectar
4 egg whites
1/2 cup unsulfured black strap molasses
1/2 cup applesauce
1 tbsp vanilla
2 tbsp plain low-fat yogurt
1 cup sultana raisins
1/2 cup dried unsweetened cranberries
1 cup unsalted, raw, slivered almonds

1. Preheat oven to 350F. Line cookie sheets with parchment paper.
2. Sift all dry ingredients and spices together in a large mixing bowl. Cream olive oil and agave nectar together until smooth.

3. In a separate bowl, beat egg whites together and add to olive oil mixture. Mix well. Add molasses, applesauce, vanilla and yogurt and mix well again.
4. Add raisins, cranberries and almonds. Mix well. You may have to use your own clean hands coated lightly with olive oil to mix properly. The dough should form a ball.
5. Wrap with plastic and refrigerate for an hour or two.
6. Using a spoon, make small balls with the batter. Place on cookie sheets and press down lightly with a fork. Bake 10 minutes or until lightly browned.

Nutritional Facts:

Calories 87
Total Fats 5g
Sat Fat.05
TransFat 0
Cholesterol 0mg
Sodium 10mg
Total Carbohydrate 11g
Dietary Fiber 2g
Sugar 0g
Protein 3g
Iron 1mg