

# GOOD LUCK ALMOND COOKIES

2 tablespoons slivered almond pieces  
1 cup all-purpose flour  
½ cup Splenda, No Calorie Sweetener, granular  
¼ cup liquid egg substitute  
2 tablespoons trans-fat-free vegetable shortening  
1 tablespoon skim milk  
1 tablespoon honey  
¼ teaspoon salt  
¾ teaspoon baking powder  
½ teaspoon almond extract  
Nonstick cooking spray  
Water  
¼ cup sugar



Heat oven to 350°F. Place rack in center of the oven. Use a coffee grinder or small food processor to grind almond pieces into coarse crumbs. (Alternatively, place the nuts in a small resealable plastic bag and crush with a rolling pin). Combine ground almonds, flour, Splenda, egg substitute, shortening, skim milk, honey, salt, baking powder, and almond extract in a small bowl with a spoon until dough forms. Shape into 12 one-inch balls. Spray a baking sheet with nonstick cooking spray, and place balls on sheet. Place a small amount of water in a bowl, and spread the sugar on a small plate. Dip a flat-bottom drinking glass or jar into the water, then dip the wet glass bottom into the sugar to coat with sugar crystals. Press one of the balls of dough with the glass to slightly flatten. Repeat dipping the glass and flattening the cookies. You will not use all the sugar. Bake 10 minutes, until cookies are puffed.

**Preparation time:** 6 minutes

**Cooking time:** 10 minutes

**Yield:** 6 servings

**Serving size:** 2 cookies

**Per serving:**

Calories: 137

Carbohydrate: 19 g

Protein: 4 g

Fat: 5 g

Saturated fat: 2 g

Cholesterol: 0 g

Sodium: 275 mg

Fiber: 0 g

**Exchanges per serving:**

1 Starch, 1 fat

Carbohydrate choices: 1