

Cashew-Nut Brown Sugar Cookies



Totals per cookie (Recipe makes 24 cookies):

Calories 90 Fat 10g (but only 2g saturated fat) Fiber 1.3g Carbs 8.5 g

What you'll need:

- 1 Cup creamy peanut butter - softened
- ½ Cup Splenda brown sugar blend
- 2 Medium egg whites
- 1 tsp Vanilla extract
- 1 tsp Baking powder
- 12 Whole cashews (or 24 halves)

Medium mixing bowl
Non-stick cookie sheet

Let's get to cooking!

1. Preheat oven to 350°.
2. In mixing bowl blend all ingredients together (except for cashews) until well mixed.
3. Drop by spoon on to cookie sheet – you should have 24 equal portions.
4. Taking a half cashew press down into the center of the cookie as pictured above.
5. Bake for 25 minutes but check after 20. Cookies need to be golden brown but not overcooked.
6. Enjoy!

Carol L., from Winona, MS, inspired this **Kitty's Lighter Weigh** recipe!