

## recipecenter

### Lime Honey Drop Cookies

While Southern cooking typically scoffs at lighter ingredients, chef John Currence of Oxford, Mississippi, had to do a gastronomic about-face after a diagnosis of acute pancreatitis. Slimming down his recipes does not mean sacrificing taste, though, says Currence. These cookies use top-quality honey as a featured ingredient, providing a depth of flavor without a lot of added fat.

**Nutrition Facts:** 93 calories, 1g protein, 14g carbohydrate, 4g fat, 0.8g saturated fat, 1g fiber, 113mg sodium

### Lime Honey Drop Cookies

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two dozen cookies; serving size 1 cookie

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#### INGREDIENTS

1/2 cup Splenda  
1/2 cup margarine, softened  
1 tbsp. lime zest  
1/3 Cup + 2 tbsp. good quality honey  
1 tsp. vanilla  
1 large egg (lightly beaten)  
1 1/4 cup all purpose flour  
1/2 cup whole wheat pastry flour  
1 tsp. baking powder  
1/2 tsp. salt  
1/4 cup plain, low fat yogurt  
1 cup Splenda  
1 tbsp. cornstarch  
2 tbsp. lime juice  
2 Tsp. lime zest

#### DIRECTIONS

Sift together flour, baking powder and salt and set aside. Cream margarine, Splenda and lime zest until light and fluffy. Blend in honey, vanilla and egg. Beat in flour mixture 1/2 cup at a time and combine well. Add yogurt and blend well. Drop by tablespoons on prepared baking sheet and bake for 12 minutes or until lightly browned.

Place Splenda and cornstarch in a food processor. Blend on high speed for approximately 1 minute, until the texture is similar to powdered sugar. Whisk together powdered sugar and lime juice until a loose icing forms. Brush over warm cookies and sprinkle with lime zest.

### Ginger Pine Nut Shortbread

Unusual treats such as these from chef John Currence deliver several tasty flavors in a single bite. The spice of the ginger and the toasty pine nuts trump the fact that there's not a lot of saturated fat or sugar. A fulfilling finale to a light meal!

**Nutrition Facts:** 225 calories, 2g protein, 14g carbohydrate, 12g fat, 2g saturated fat, 1g fiber, 119mg sodium

8 single bar portions; serving size 1 bar

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#### INGREDIENTS

1/2 cup + 2 tbsp. all purpose flour  
5 tbsp whole wheat flour  
3 tbsp toasted pine nuts  
1/4 cup + 3 tbsp Splenda Brown Sugar Blend  
2 tbsp grated fresh ginger  
Pinch of salt  
6 tbsp margarine, softened  
1 tbsp ice water  
1 tbsp Splenda Brown Sugar Blend  
2 Tbsp toasted pine nuts

#### DIRECTIONS

In a spice grinder or mini-food processor, combine 3 tbsp. pine nuts and 3 tbsp. whole wheat flour. Pulse until pine nuts are chopped, but not so much that it forms a nut butter. Combine with rest of flour, salt and 1/4 c. + 3 tbsp. Splenda Brown Sugar Blend. Set aside.

Beat margarine and fresh ginger in bowl of electric mixer until creamy. Slowly beat in flour mixture. Mix should be crumbly at this point. Slowly add ice water until dough begins to come together. Remove from bowl and place on plastic wrap. Press into a flat disc and chill for 20 minutes.

Remove from refrigerator and place on a large work space. Unwrap and cover top of dough with a second piece of plastic. Roll dough out to about 3/4 inch thickness, remove top plastic and flip dough onto a prepared cookie sheet and remove second piece of plastic wrap. Score dough in desired shapes (do not cut all the way through). Sprinkle the top with rest of Splenda Brown Sugar Blend and dot with whole pine nuts. Press each nut in slightly.

Bake at 350 degrees F for 15 minutes and remove to cool for 5 minutes. Cut through score marks and allow to chill fully.

## Low-Fat Maple Marshmallow Granola Bars

We couldn't wait to share the recipe for these gooey no-bake bars, perfect as a stand-in for the store-bought brands, which often sneak in lots of processed ingredients and added sugar. This is like a campfire treat come home, but mixed in with the whimsy of marshmallow is the serious health benefit of flaxseeds, walnuts, and antioxidant-rich cherries.

**Nutrition Facts:** 262 calories, 4g protein, 47g carbohydrate, 9g fat, 1g saturated fat, 3g fiber, 114mg sodium

12 portions; serving size 1 cookie

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### INGREDIENTS

3 tbsp margarine  
1/2 of a 10.5 oz. bag marshmallows (either large or small)  
2 tbsp maple syrup  
1 tsp vanilla  
3 tbsp toasted flax seed  
3 cups low fat/low sugar granola  
1 3/4 cups unsweetened puffed brown rice cereal  
1/2 cup toasted/chopped walnuts  
1/2 cup sun-dried cherries or dried unsweetened cranberries

### DIRECTIONS

Spray a 9 x 13 inch rectangular cake pan with non-fat spray. Warm margarine in a large sauce pan and add marshmallow, stirring constantly until melted. Remove from heat and stir in maple syrup and vanilla and combine well. Blend in rest of ingredients until completely combined.

Pour into prepared pan and smooth top as well as possible. Cover with wax paper and smooth again with hands and allow to cool fully. Cut into desired shape/size.

## Whole Wheat Oatmeal Cookies with Dried Black Mission Figs

Chewy, sweet, and satisfying, these cookies from Chef John Currence conjure up the oatmeal raisin treats of your childhood, but swap the raisins for a very adult ingredient -- black mission figs. Subtle hints of almond and honey say "sophisticated," while the guilt is diminished by the pared-down fat and calorie content. An instant favorite.

**Nutrition Facts:** 238 calories, 4g protein, 42g carbohydrate, 5g fat, 1g saturated fat, 4g fiber, 120mg sodium

12 to 14 medium-sized cookies; serving size 1 cookie

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### INGREDIENTS

1/2 cup granulated sugar  
1/2 cup Splenda Brown Sugar Blend  
3 tbsp margarine  
1 tbsp peanut oil  
2 tbsp honey  
2 tsp vanilla  
1/2 tsp almond extract  
1 large egg (lightly beaten)  
3/4 cup whole wheat flour  
2 tbsp all purpose flour  
1 cup regular oats, not instant  
Pinch of salt  
1/2 tsp baking powder  
1/2 tsp baking soda  
3/4 tsp cinnamon  
Pinch of ground clove  
3/4 cup dried black mission figs

### DIRECTIONS

Preheat oven to 375 degrees F.

Sift together flours and then mix them with oats, salt, baking powder, baking soda, cinnamon and clove. Using an electric mixer, cream together the margarine and sugars. Blend in oil, honey, egg, vanilla and almond extract. Add flour mixture to liquid ingredients until fully incorporated, 1/2 cup at a time. Blend in figs. Drop by tablespoon onto a cookie sheet lined with parchment paper and bake for 12 minutes or until lightly browned.