

Sweet Potato Smashies, makes 24 cookies

Yam adds sweetness and vegetable fiber to these muffin-like cookies that are loaded with raisins, walnuts and lots of cinnamon.

INGREDIENTS

- 1 medium-large yam (about 8 ounces total weight)
- 1-1/3 cups whole wheat flour or half whole wheat and all-purpose flour
- 1/2 cup packed brown sugar
- 1 tablespoon cinnamon
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 cup raisins
- 1 cup chopped walnuts
- 2 eggs
- 1 tablespoon mild flavor olive oil

DIRECTIONS

Cook yam in microwave on HIGH for 5 minutes or until soft. Let cool.

In medium mixing bowl, stir together flour, brown sugar, cinnamon, baking powder and baking soda.

Add raisins and walnuts to flour mixture.

Slice yam lengthwise down center and scoop into a small bowl; mash well (makes about 1 cup). **Add** egg and oil to yam. Stir with a fork until well blended.

Add yam mixture to dry ingredients. Stir with a wooden spoon until mixture is thoroughly combined. Dough will be quite dry until thoroughly mixed.

Lightly coat a cookie sheet with vegetable spray or line with parchment paper. Drop dough in two tablespoon scoops onto baking sheet.

Bake at 375° F for 10-12 minutes or until bottom edges are lightly browned. Remove from cookie sheet with spatula and cool completely on a wire rack.

Nutrition per cookie: Calories 110, Total Fat 4.5g, Sat Fat .5 g, Trans Fat 0, Cholesterol 15g, Sodium 80g, Carb 17g, Fiber 2g, Sugars 5g, Protein 3g

Jack-O-Lantern Cookies: Moisten finger tips in water. Flatten unbaked cookies with fingertips to about 1/2-inch thickness. Press raisins into dough to make eyes, nose and mouth. Bake as directed above.

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