

## **Sugar-Free Cookies**

1 2/3 cups all-purpose flour  
1 tsp baking powder  
1/4 tsp salt  
5 tbsp unsalted butter, softened  
3/4 cup Splenda  
1/4 cup Egg Beaters or other fat-free egg substitute  
1 tsp vanilla extract

Combine flour, baking powder, and salt in medium-sized mixing bowl and set aside. In large bowl, beat together butter and Splenda until creamy. Add egg substitute and vanilla extract and stir well. Gradually add flour mixture, stirring continually, until combined, but still somewhat crumbly. Divide dough in half, wrap in plastic wrap and place in refrigerator to chill for at least 90 minutes.

Preheat oven to 350 degrees F. Line baking sheets with parchment paper. Lightly flour counter or other working surface, and place half of dough onto it. Roll out to between 1/8- and 1/4-inches in thickness, then use lightly-floured cookie cutters to cut desired shapes. Gather scraps, and roll out and cut again. Place cut-out dough at least 1 inch apart on lined baking sheet and bake 9-10 minutes or until edges turn golden. Repeat the rolling and cutting process with the second half of dough. Let baked cookies sit 1 minute on baking sheet, then move to wire racks to cool. Makes 20 servings.

Nutrition information per serving: 65 calories, 1 gram protein, 2 grams fat, 8 grams carbohydrate, 191 calories.