

White Chocolate Macadamia Softies



Ingredients:

¼ cup brown sugar (not packed)
2 tbsp. Splenda No Calorie Sweetener (granulated)
2 tbsp. light whipped butter or light buttery spread, room temperature
2 tbsp. no sugar added applesauce
2 tbsp. fat free liquid egg substitute
¼ tsp. vanilla extract
1/3 cup whole wheat flour
¼ tsp. baking powder
1/8 tsp. salt
½ cup old-fashioned oats
2 tbsp. white chocolate chips, chopped
½ oz. (about 2 tbsp.) chopped macadamia nuts

Nutrition Facts

Makes 6 servings

Amount per serving: 1 softie

Calories	135
Fat	5 g
Sodium	115 mg
Carbs	19.5 g
Fiber	1.5 g
Sugars	9 g
Protein	2.5 g

Directions:

1. Preheat oven to 350 degrees. Spray a baking sheet with nonstick spray.
2. In a medium bowl, thoroughly whisk brown sugar, Splenda, butter, applesauce, egg substitute, and vanilla extract.
3. Add flour, baking powder, and salt, and stir until smooth. Fold in oats and chopped chocolate chips.
4. Spoon batter onto the baking sheet in 6 evenly spaced mounds. Use the back of a spoon to spread and flatten batter into 3 inch circles. Top with chopped nuts, and lightly pat to adhere.
5. Bake until a toothpick inserted into the center of a softie comes out clean, about 10 minutes.