

Kiss Cookie

By: Anna Bramwell, JWU Student, Senior in Culinary Nutrition & Clinical Dietetics

A healthier take on an old fashion peanut butter kiss cookie.



Yield: 30 cookies

Ingredients:

¾ cup whole wheat flour
½ tsp. baking soda
¼ cup Coconut oil
½ cup brown sugar
¼ cup Creamy peanut butter
1 Egg
1 T. Skim milk
½ tsp vanilla extract
¼ tsp. cinnamon
¼. tsp. Granulated sugar
30 Dark chocolate kisses

Method of Preparation:

1. Preheat oven to 375 degrees. Line a baking sheet with parchment paper.
2. Mix together ¼ tsp. granulated sugar and cinnamon then set aside.
3. Combine flour and baking soda, then set aside.
4. In a separate bowl cream together coconut oil, peanut butter, and brown sugar. Add the egg, milk and vanilla, and beat until well blended. Gradually add flour mixture, blending ingredients until combined.
5. Roll dough into 1-inch balls, then toss in the sugar and cinnamon mixture. Place 2 inches apart on baking sheet and bake about 5 to 10 minutes or until golden brown.
6. Remove sheet from oven and lightly press a dark kiss chocolate into the center of each cookie. Remove from oven, let cool, and enjoy!

Nutritional Analysis: Per serving (1 cookie)

Calories:	80 kcal	Fiber:	3 g	Sugar:	15 g
Total Fat:	4 g	Cholesterol:	1 mg	Sodium:	10 mg

Saturated Fat: 1.5 g
Protein: 2 g
Carbohydrates: 15 g

Fruity Tofu Smoothie

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A nutrient dense on-the-go snack.



Yield: 1 serving

Ingredients:

½ cup Strawberries
½ cup Blueberries
½ Raspberries
1 cup Kale
½ cup Silken tofu
1 T. Honey
½ Skim milk
Ice as needed

Method of Preparation:

Put all the ingredients into a blender and blend until smooth.

Nutritional Analysis: Per serving

Calories:	200 kcal	Fiber:	7 g	Sugar:	40 g
Total Fat:	4 g	Cholesterol:	0 mg	Sodium:	100 mg

Saturated Fat: .2 g

Protein: 9 g

Carbohydrates: 55 g