



Apricot Pistachio Cookies

By Andrea Anderson, RDN, CD, CDE

Servings: 24

(1 cookie per person)

Ingredients	Nutrient value per serving
<p> $\frac{3}{4}$ c. roasted pistachios 1 c. plus 2 T. whole-wheat flour, divided $\frac{1}{4}$ t. baking soda $\frac{1}{4}$ t. salt $\frac{1}{4}$ c. butter, melted $\frac{1}{4}$ c. plain, fat-free yogurt $\frac{1}{3}$ c. powdered sugar 6 T. regular apricot jam </p>	<p> Exchanges 1 starch 1 fat Calories78 Calories from Fat.....36 Total Fat.....4 g Saturated Fat2 g Cholesterol5 mg Sodium42 mg Carbohydrate 10 g Fiber1 g Sugar 4 g Protein.....2 g </p>
Instructions	Notes
<ol style="list-style-type: none"> 1. Preheat oven to 350°F. 2. Blend the pistachios and 2 T. of flour in a blender until it resembles flour. Transfer to a bowl and add 1 c. of flour, and the baking soda and salt, and mix until combined. 3. Mix butter, yogurt and powdered sugar until well combined. Gradually add the pistachio mixture until just combined. 4. Form 24 round balls, of about 1½ T. each, and place on baking sheets. Use the back of a tablespoon to make an indentation for the jam. Fill indentation with the apricot jam. 5. Bake for 15 min. 	<p> Prep time: 30 min Bake time: 15 min. </p> <p> At under 80 calories each and featuring a foundation of freshly ground pistachios and whole-wheat flour, you'll definitely want to add these cookies to your holiday rotation. This recipe can easily be made vegan by substituting oil for the butter and using nondairy yogurt. </p> <p> <i>All exchange values are approximate. When an optional or additional ingredient is offered, exchange values may change.</i> </p>