

# Glazed Apple Drops



## Ingredients for cookies

- ½ cup unsalted butter, softened
- ½ cup natural applesauce
- ½ cup granulated sugar
- ½ cup brown sugar
- 1 tsp. cinnamon
- ½ tsp. baking soda
- ¼ tsp. ground nutmeg
- 4 egg whites
- 4 Tbsp. light apple juice
- 2 apples, peeled and chopped
- 1 cup all purpose flour
- 1 cup whole-wheat flour

## Ingredients for glaze

- 1 cup powdered sugar
- 1 Tbsp. unsalted butter
- ¼ tsp. vanilla
- 1 Tbsp. apple juice

## Directions:

1. Preheat oven to 350 degrees.
2. In a large bowl, beat unsalted butter and applesauce with a mixer. Add granulated sugar, brown sugar, cinnamon, baking soda, nutmeg, eggs and apple juice until well combined.
3. Add apples, flour and pecans to the mixture, and combine it all with a wooden spoon.
4. Place a spoonful of dough onto lightly greased baking sheet about 2 inches apart.
5. Bake for about 11-14 minutes or until the edges of the cookies are brown. Let the cookies cool for a few minutes on sheet before removing them. Finish cooling on wire racks.
6. To make the glaze, combine the powdered sugar, 1 Tbsp. unsalted butter, ¼ tsp. of vanilla and 1 Tbsp. of apple juice. Once the cookies have cooled, spread a thin layer over the cookie.
7. Enjoy!

*Yield 40 servings, serving size: 2 cookies. Calories: 148.  
Fat: 1.3 g. Cholesterol: 25 mg. Sodium 42.6 g. Carbohydrates: 23.3 g.  
Fiber: 1.2 g. Sugar: 14.3 g. Protein: 1.9 g.*

*\*These facts may vary based on size, amount, and brand use. This information is only a guide.*