

Get Up and Go Cookies

½ cup margarine or butter
1 cup brown sugar
½ cup prune puree
1 egg
1 cup applesauce - any flavour
2 cups all bran cereal
1 ½ cups flour
½ teaspoon baking soda and 1 teaspoon of cinnamon or spice you like

Optional: ½ to 1 cup raisins, or chocolate chips, sunflower seeds, nuts, whatever you like in cookies.

Directions: In a large bowl, cream margarine with sugar. Add egg, then prune puree, then applesauce and mix well. Add dry ingredients. Mix well. Drop by spoonfuls onto 3 cookie sheets - 12 cookies a sheet. Bake in 350° oven for about 15 minutes. Cool on pans for a few minutes and then remove. Freeze cookies and start with eating 2 cookies a day.

Prune puree: a 375 gram bag = about 50 prunes. Put in small pot with 1 cup of water. Heat on stove top until hot. Cool and mash. Store unused puree in fridge. You can add grated lemon rind while cooking for added flavour. **Or** mash pitted prunes from can with some of the juice **Or** use baby food prune puree.

Each cookie = 80.6 calories, 2.8 gram of fat, 1.67 grams of fibre per cookie.

Lower fat recipe

~ use ¼ cup margarine and increase applesauce to 1 ¼ cups
~ use 2 egg whites or egg replacement products such as Eggbeaters® instead of 1 whole egg

Each cookie = 68.6 calories, 1.4 grams of fat, 1.67 grams of fibre per cookie

Lower sugar recipe

~ use 1 cup of Sugar Twin® brown or white sugar
~ use unsweetened applesauce

Each cookie = 62.6 calories, 1.4 grams of fat, 1.67 grams of fibre per cookie

High fibre recipe

~ use ¾ cup whole wheat flour with ¼ cup white flour **OR** use ½ cup whole wheat with ½ cup white with ½ cup oatmeal. You may need to increase applesauce by ¼ to ½ cup to make them more chewy.

Each cookie = 89.4 calories, 2.8 gram of fat, 1.97 grams of fibre per cookie.

Remember:

Fibre absorbs water to soften stool. You need to drink plenty of water, if your diet allows, to help these cookies to work.