



WEIGHT ★ NO ★ MORE DIET CENTERSM



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HAPPY JACK COOKIES

Stabilization (Week 1) & Maintenance Lifestyle

Ingredients

vegetable cooking spray
3/4 cup canned pumpkin puree
3/4 cup brown Splenda, packed
1/2 cup plain low-fat yogurt
2 TBS vegetable oil
1 TSP vanilla extract
2 cups cake flour, sifted
1/2 TSP ground cinnamon
1/2 TSP salt
1/2 TSP baking soda
1/2 TSP ground ginger
1/4 TSP ground allspice
1 cup golden raisins

Instructions

1. Heat the oven to 350°. Spray two baking sheets with vegetable cooking spray.
2. In a large bowl, whisk together the pumpkin puree, sugar, yogurt, oil and vanilla extract until smooth.
3. In a medium bowl combine the flour, cinnamon, ginger, allspice, baking soda and salt. Stir the dry ingredients into the wet and mix until just blended. Fold in the raisins.
4. Drop the batter by tablespoons onto the baking sheets, leaving 1-1/2 inches between cookies. Bake until lightly golden, about 15 minutes.
5. Place the baking sheets on wire racks to cool. Remove the cookies with a spatula and cool completely.

Portion-Per-Serving Information: (Yields 42 cookies)

Serving = 2 cookies = 1 FR