

## Skinny Pumpkin Spiced Snickerdoodles

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'Tis the season for cookie swaps! Having a hard time finding a healthy AND delicious cookie? We highly recommend these Skinny Pumpkin Spice Snickerdoodle Cookies. These cookies have such great flavor and are so simple to make. Only a small amount of butter is used in the recipe and there is no oil. Using white whole wheat or whole wheat flour gives an extra nutritional boost. A helpful tip: we found them easier to handle when we stopped adding the flour mixture as soon as the dough got crumbly. These tasty treats ranked first place in the dessert contest for our Holiday Challenge taste test!

### **Ingredients**

|  |                        |
|--|------------------------|
| 1 3/4 cups King Arthur white whole wheat flour | 1/2 tsp baking soda    |
| 1/2 tsp cream of tartar                        | 1 cup sugar            |
| 1/4 cup butter, softened                       | 1 tbsp. agave or honey |
| 1 tsp vanilla                                  | 1 large egg            |
| 3 tbsp. sugar*                                 | 1 tbsp. pumpkin spice* |
| cooking spray                                  |                        |

### **Directions**

Preheat oven to 375°F. Line two baking sheets with Silpat mats and spray with cooking spray.

Combine flour, baking soda, and cream of tartar in a medium bowl, stirring with a whisk.

Combine 1 cup of sugar and butter in a large bowl; beat with a mixer at medium speed until well blended. Add the agave, vanilla and egg; beat well. Gradually add the flour mixture to the sugar mixture, beating just until combined. Cover and chill for 10 minutes.

In a medium bowl, combine 3 tbsp. sugar with pumpkin pie spice, stirring with a whisk to combine. With moist hands, shape dough into 42 (1-inch) balls. Roll balls in sugar/pumpkin pie spice mixture.

Place balls 2 inches apart onto baking sheets and slightly flatten with a fork.

Bake 375°F for 5-7 minutes (cookies will be slightly soft). Cool on baking sheets for 2 minutes. Remove from pans; cool completely on wire racks. Enjoy

### **Nutrition Information**

Servings: 42; Size: 1 cookie; Old Points: 1 pts; Points+: 1 pts (3 pts+ for 2); Calories: 51; Fat: 1 g; Carb: 9.5 g; Fiber: <1 g; Protein: 1 g; Sugar: 6 g; Sodium: 20 mg

