

## Mini Cashew Cookies

Nut butters are great for making baked goods and sauces. I love the sweet, mellow taste of cashews, but if cashew butter is not in your budget, replace it with peanut butter instead.

*Makes 4 dozen cookies*

### Ingredients

Non-stick cooking spray  
3/4 cup cashew butter or smooth peanut butter  
3/4 cup light brown sugar, packed  
6 tablespoons trans-fat free margarine  
2 large egg whites  
2 teaspoons vanilla extract  
3/4 cup whole wheat flour  
1/3 cup ground golden flax meal  
1/4 cup old-fashioned oats  
1 teaspoon baking soda  
1/4 teaspoon salt  
1/4 teaspoon allspice  
1/8 teaspoon ground cayenne chili powder  
48 whole cashews (about 1/4 pound)  
1/4 cup powdered sugar

### Directions

Preheat oven to 350°F. Coat three large cookie sheets with cooking spray. In a large bowl, combine the cashew or peanut butter, brown sugar, and margarine. Mash them together with a wooden spoon until well combined. Stir in the egg whites and vanilla extract.

Sprinkle the flour, flax, oats, baking soda, salt, allspice, and ground cayenne over the egg mixture. Stir well, until a firm dough starts to form and the flax and oats are incorporated.

Coat a melon baller or small teaspoon with cooking spray. Spoon out the dough and place 1/2 inch a part on the cookies sheets. Press one of the cashews into the top of each cookie. Bake 5 to 6 minutes, until the nuts begin to brown and the cookies are still soft to the touch. Cool on cookie sheets 1 to 2 minutes before transferring to a wire rack to cool completely.

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As a private chef and recipe developer, Jennifer Iserloh - also known as Skinny Chef - has created hundreds of nutrition-packed dishes for families including top celebrities and well known health focused publications. Her food philosophy is absolutely simple: Cook nourishing meals, find an exercise routine that works and go ahead, enjoy the things you love. Find out more at [SkinnyChef.com](http://SkinnyChef.com)!

Once the cookies have cooled, dust with powder sugar. Store in an air-tight container for up to three days.

### **Other Sweet Recipes**

Serve with Rich Sour Cream Cookies or Granny's Texas Sheet Cake or Buttermilk Ice Cream.

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