

Cake Mix Cookies

Nonstick cooking spray
1 box (18.25 ounces) cake mix, any flavor
 $\frac{1}{2}$ cup egg substitute
 $\frac{1}{2}$ cup unsweetened applesauce
1 teaspoon vanilla

Makes 28 portions, 1 cookie each

Per portion

Calories:	83
Carbohydrate:	16 grams
Protein:	1 gram
Fat:	2 grams
Saturated fat:	1 gram
Cholesterol:	0
Sodium:	120 milligrams
Dietary fiber:	0

-
1. Preheat oven to 350°.
 2. Spray baking sheet with cooking spray.
 3. Mix all ingredients well, using an electric mixer.
 4. Drop by tablespoonfuls onto lightly greased baking sheet.
 5. Bake at 350° for 8 to 10 minutes.
 6. Allow to cool slightly on baking sheet and then transfer to a cooling rack.
 7. Store in single layers since this is a moist cookie.