



Healthy Eating & Weight Loss

Marshmallow Cookies

- 1 cup flour
- 1/4 cup cocoa powder
- 1 tsp baking soda
- 1/4 tsp salt
- 1/2 cup sugar
- 1/4 cup solid vegetable shortening
- 1 egg white
- 1/2 cup 1% milk
- 3/4 cup marshmallow spread

Preheat oven to 425. Combine the flour, cocoa, soda, salt in a small bowl. With an electric mixer on medium, beat the sugar, shortening and egg white in a medium bowl until fluffy and well blended. Stir in the flour mixture, then the milk until just blended.

Drop the dough by spoonfuls onto large, ungreased cookie sheets, making 36 cookies. Bake until tops spring back when touched lightly, 5-8 minutes. Cool completely on a wire rack. Spoon 2 teaspoons of marshmallow spread on the bottoms of half the cookies. Top with the other half to make cookie sandwiches. Makes 18 sandwiches.

119 calories per serving, 1 g protein

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