



Apple Bean Cookies

INGREDIENTS:

1/2 cup	canola oil or applesauce
1/2 teaspoon	cinnamon
1 cup	honey
1/2 teaspoon	cloves
1 cup mashed	white beans
1/2 teaspoon	nutmeg
1/2 cup	applesauce
1/2 teaspoon	salt
2 teaspoons	soda
1 cup	raisins
2 1/2 cups	flour
1 cup	nuts, chopped
1	egg
1 cup	rolled oats

METHOD:

Cream oil or applesauce, honey, mashed beans and applesauce. Add remaining ingredients. Chill dough one hour. Drop by teaspoon on baking sheet coated with cooking spray; bake at 375°F for 10 minutes.