

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Lemon-Vanilla Crisps

Not only are these lightweight cookies ultra-low in calories, but the lemon zest in the dough delivers health benefits, too. Research has shown that a compound found in the peel of lemons could help decrease cancer risk.

PREP TIME: 12 min / **COOK TIME:** 15 min / **TOTAL TIME:** 32 min

SERVINGS: 24

2 separated eggs, separated
1/2 tsp baking powder
1/8 tsp salt
1/4 c sugar
1 tsp vanilla extract
1/2 tsp grated lemon zest
1/3 c all-purpose flour

2 ounces dark chocolate, melted (optional)

1. PREHEAT the oven to 375°F. Line baking sheets with parchment paper.

2. BEAT the egg whites until foamy in a large bowl with an electric mixer on medium speed. Slowly add the baking powder, salt, and sugar and continue beating on medium speed until stiff peaks form.

3. COMBINE the egg yolks, vanilla, and lemon zest in another bowl, and beat with a fork until thoroughly mixed. Gently fold beaten egg whites into yolk mixture, just until combined. Sift the flour over the egg mixture and fold in until the batter is smooth. Drop 2 teaspoons of batter per cookie about 2" apart onto the prepared baking sheets.

4. BAKE for 10 to 12 minutes, or until slightly golden around edges. Cool on the sheets for 5 minutes, then remove to racks to cool completely.

5. If desired, transfer the warm chocolate to a re-sealable plastic bag. Drizzle chocolate over cooled cookies.

NUTRITION (per serving) 26 cal, .7 g pro, 5 g carb, .1 g fiber, 3.5 g sugars, .4 g fat, .1 g sat fat, 28 mg sodium

