

# Cranberry Honey Spiced Pinwheels

Adapted from [http://www.eatingwell.com/recipes/cranberry\\_honey\\_spice\\_pinwheel\\_cookies.html](http://www.eatingwell.com/recipes/cranberry_honey_spice_pinwheel_cookies.html)

Makes about 42 cookies

## Filling

- 1 ½ cup dried cranberries
- 1 cup cranberries, fresh or frozen, thawed
- 1/2 cup honey
- 2 teaspoons freshly grated orange zest
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground cardamom, or allspice

## Dough

- 1 1/3 cups all-purpose flour
- 2 cups whole-wheat flour
- 1 1/4 teaspoons [baking powder](#)
- Scant 1/2 teaspoon salt
- 1/4 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon [ground cardamom](#), or allspice
- 1/3 cup canola oil
- 3 1/2 tablespoons butter, melted and cooled
- 1 cup sugar
- 1/3 cup honey
- 2 large eggs
- 3 tablespoons low-fat milk, plus more as needed
- 2 1/2 teaspoons freshly grated orange zest
- 2 teaspoons vanilla extract
- 1/2 teaspoon almond extract

## Preparation

1. To prepare filling: Combine dried and fresh cranberries, honey, orange zest, cinnamon and cardamom (or allspice) in a medium nonreactive saucepan (see Note) over medium heat. Bring the mixture to a gentle boil and cook, stirring, until the fresh cranberries burst and soften, 4 to 5 minutes. Let cool slightly. Transfer to a food processor and puree. If the mixture seems dry, stir in up to 2 teaspoons water. Transfer the mixture to a nonreactive container and refrigerate while preparing the dough.
2. To prepare dough: Whisk all-purpose flour, whole-wheat flour, baking powder, salt, baking soda, cinnamon and cardamom (or allspice) in a large bowl. In another large bowl, combine oil, butter, sugar, honey, eggs, milk, orange zest, vanilla and almond extracts. Beat the wet ingredients with an electric mixer first on low speed, then on medium speed, until well combined. Add half the dry ingredients and beat on low speed until just incorporated. Stir in the remaining dry ingredients with a wooden spoon until evenly incorporated. If the mixture is too dry to hold

together, stir in up to 1 tablespoon more milk. Cover and refrigerate the dough for 30 to 45 minutes to reduce its stickiness.

3. Turn the dough out onto a work surface and divide in half. Shape each half into a 6-inch-long log. Working with one log at a time, center it on a 16-inch-long sheet of baking parchment or wax paper. Cover with a second sheet. Press and then roll into a 12-by-15-inch rectangle of even thickness, inverting the dough occasionally to roll out any [wrinkles](#) and patching it to make the sides as even as possible. Transfer the dough, in the paper, to a baking sheet. Repeat with the remaining log of dough and transfer to the baking sheet. Place the baking sheet in the freezer until the dough is slightly firm, (10 to 15 minutes).
4. To prepare pinwheel rolls: Place one sheet of dough on a work surface. Peel off the top sheet of paper. Spread half the reserved filling evenly over the dough (it will be a thin layer). Working from a 15-inch-long side, tightly roll up the dough jelly-roll style, leaving the bottom sheet of paper behind. While rolling, slightly stretch out the center to yield an evenly thick roll. Wrap the roll in a clean sheet of wax paper, twisting the ends to prevent unrolling (see Tip). Place on a baking sheet. Repeat with the second piece of dough and place on the baking sheet. Freeze until firm.
5. To bake cookies: Position racks in the upper third and center of the oven; preheat to 350°F. Line 2 large baking sheets with parchment paper. Working with one pinwheel roll at a time, trim the uneven ends. Cut the roll crosswise into 1/4-inch-thick slices using a large serrated knife; periodically turning the roll to maintain a relatively round cookie shape. Place the cookies on the prepared baking sheets, spacing them about 1/2 inch apart. Bake the cookies until puffed and barely golden brown, 12 to 16 minutes, switching the pans back to front and top to middle halfway through baking. Immediately transfer the cookies to wire racks to cool completely. Cut and bake the remaining pinwheel roll.

## Tips & Notes

*Make Ahead Tip:* Cover and refrigerate filling (Step 1) for up to 2 days. Tightly wrap pinwheel logs (Step 4) and freeze for up to 2 months. Do not defrost before slicing. Store the cookies in an airtight container at room temperature for up to 1 week or freeze for up to 1 month.

*Kitchen note:* A nonreactive pan—stainless steel, enamel-coated or glass—is necessary when cooking acidic foods, such as cranberries, to prevent the food from reacting with the pan. Reactive pans, such as aluminum and cast-iron, can impart an off color and/or off flavor in acidic foods.

Nutrition Per cookie: 54 calories; 1 g fat; 6 mg cholesterol; 10 g carbohydrates; 1 g protein; 0 g fiber; 24 mg sodium; 6 mg potassium.

# Cranberry Walnut Pumpkin Bread

Adapted from 'Better Homes and Gardens New Cookbook, 11<sup>th</sup> Edition'

Makes 1 large loaf (14 servings).

## Dry Ingredients

- 1 3/4 to 2 cups whole wheat flour, divided in half (adjust depending how 'bread-like' you want final product)
- 1/2 to 2/3 cup brown sugar, packed
- 1 tablespoon baking powder
- 1/4 teaspoon salt
- 1/4 teaspoon baking soda
- 1 1/2 teaspoon ground cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cloves

## Wet Ingredients

- 1/2 cup milk
- 2 eggs
- 1/3 cup canola oil
- 1 to 1 1/2 cup canned pumpkin (see note below)
- 1/2 cup chopped walnuts
- 1/2 cup dried cranberries

1. SET oven to 350oF.
2. COMBINE half of the whole wheat flour, brown sugar, salt, baking soda, baking powder, and spices in a mixing bowl. Set aside.
3. COMBINE milk, eggs, oil and pumpkin in a second bowl. Blend together until more or less homogenous. If using an electric mixer, be careful not to overmix- maybe 2 minutes on low speed.
4. ADD wet ingredients to dry ingredients and mix.
5. ADD the additional flour and mix.
6. BLEND in walnuts and cranberries.
7. POUR batter in to a greased 9x5x3 inch loaf pan.
8. BAKE at 350oF for 55 to 65 minutes or until a wooden toothpick inserted in centre of loaf comes out clean.
9. COOL completely on a wire rack. Wrap tightly once cooled to prevent from drying out.

**Note:** canned pumpkin often comes in 15 oz. containers, so I usually make two loaves at once or just use 7.5 ounces. You can add up to 12 ounces of pumpkin per loaf; it makes a moister loaf that is more appropriate for dessert, but is more difficult to slice.

Nutrition Per slice: 113 calories; 3 g fat; 18 mg cholesterol; 17 g carbohydrates; 4 g protein; 3g fiber; 96 mg sodium.

# Lavender Lemon Tea Cookies

*Adapted from 'Better Homes and Gardens New Cookbook, 11<sup>th</sup> Edition'*

*Makes about 48 cookies*

## Dry Ingredients

- 1 cup whole wheat flour
- $\frac{3}{4}$  cup all-purpose flour
- $\frac{1}{4}$  cup canola oil
- 2 tablespoons butter, softened
- $\frac{3}{4}$  cup white granulated sugar
- 2 teaspoon finely shredded lemon peel
- 1 teaspoon baking powder
- $\frac{1}{4}$  teaspoon baking soda
- 1 to 2 tablespoons lavender flowers, finely chopped

## Wet Ingredients

- 1 egg
- $\frac{1}{3}$  cup milk
- 2 teaspoons lemon juice

## Glaze:

- $\frac{1}{4}$  cup white granulated sugar
- 2 tablespoons lemon juice

1. SET oven to 350oF.
2. CREAM together butter, oil and sugar.
3. ADD lemon peel, lavender, baking powder and baking soda and beat until combined.
4. BEAT in egg, milk and 2 teaspoons lemon juice.
5. GRADUALLY add flour and beat until combined.
6. DROP dough on to an ungreased cookie pan using a teaspoon.
7. BAKE 10 to 12 minutes.
8. WHILE cookies are baking, stir together remaining sugar and lemon juice to make a glaze. Brush on warm cookies.

**Note:** You can substitute any citrus fruit for the lemon. You can also omit the lavender, or you could substitute vanilla beans for the lavender if you prefer.

Nutrition Per 2 Cookies: 87 calories; 1 g fat; 10 mg cholesterol; 8 g carbohydrates; 1 g protein; 0.5g fiber; 36 mg sodium.

# Dark Chocolate Florentines

Adapted from *EatingWell*: November/December 2008

Makes about 3 dozen sandwich cookies

## Ingredients

- 1/3 cup unsalted butter
- 1/4 cup canola oil
- 2 cups quick-cooking oats
- 3/4 cup sugar
- 1/3 cup whole-wheat flour
- 1/4 cup low-fat milk, or low-fat plain soymilk
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1/2 cup toasted almonds, finely chopped
- 1/2 cup semisweet or dark chocolate chips
- 1/2 cup apricot preserves

## Preparation

1. Preheat oven to 375°F. Line 2 large baking sheets with foil or nonstick baking mats.
2. Melt butter in a medium saucepan. Remove from the heat. Add oil, oats, sugar, flour, milk (or soymilk), vanilla, salt and nuts and mix well. Drop level teaspoons of dough 3 inches apart onto the prepared baking sheets. Spread or press each cookie into a thin, 2-inch circle with a fork or damp fingertips.
3. Bake the cookies, in batches, until set, 5 to 7 minutes. Let cool completely before removing from the foil or mats. (The cookies will appear somewhat lacy.)
4. When the cookies are cool, melt chocolate chips in a double boiler over hot, not boiling, water (or microwave in 15-second intervals, stirring in between). Gently spread the chocolate on the flat side of half (about 36) of the cookies. Gently spread a little jam on the flat side of the remaining cookies. Press the apricot and chocolate halves together to make sandwich cookies.

## Tips & Notes

**Make Ahead Tip:** Store in an airtight container at room temperature for up to 2 days.

**Tip:** Spread nuts on a baking sheet and bake at 350°F, stirring once, until fragrant, 7 to 9 minutes.

## Nutrition

**Per sandwich cookie:** 108 [calories](#); 6 g fat; 5 [mg cholesterol](#); 14 g carbohydrates; 2 g protein; 1 g fiber; 19 mg sodium; 14 mg potassium.

## Healthy Holiday Baking Tips

Adapted from <https://www.wellbridge.com/fit-like-that/healthy-holiday-baking>

1. Slash the sugar by  $\frac{1}{4}$ : Reduce the sugar in your favorite cookie recipe by  $\frac{1}{4}$ . You won't miss the extra sugar! Consider cutting the amount in half and adding extra spices to compensate.
2. Cut back on butter: Experiment with replacing up to half the butter in recipes with heart-healthy canola oil or a fruit puree like applesauce or pureed pumpkin. For every tablespoon of butter you eliminate, you shed at least 5 grams of saturated fat from your goodies.
3. Make half your flour whole: Up the fiber content of your baked goods by replacing half the all-purpose flour in a recipe with whole-wheat pastry flour. Whole-wheat pastry flour is finely milled, so it gives you the nutrition without the grainy taste of whole wheat.
4. Think "bite-size": This is the easiest tip yet. Simply make smaller portions of your confections to instantly slash calories. (Be sure to decrease the baking time to adapt for the smaller portions.)
5. Pump up the nutrition: Add extras like oats, chopped nuts, dried fruit, and dark chocolate to up the nutritious ante in your holiday treats.

Happy baking!