

# Chocolate Walnut Cookies

## INGREDIENTS

Parchment Paper

2 1/2 cups Walnut Halves

3 Cups Powdered Sugar

1/2 Cup plus 3 Tablespoons

Unsweetened Cocoa Powder

1/4 Teaspoon Salt

4 Egg Whites

1 - Tablespoon Vanilla



*Photo Courtesy of Diana Firey  
Recipe from KOTV—Channel 6*

## PREPARATION

1. Position 2 racks in upper and lower thirds of the oven. Heat oven to 350 degrees. Line 2 large baking sheets with parchment paper
2. Place walnuts on a work surface and finely chop and transfer to a separate baking sheet and toast until fragrant, about 9 minutes. Let cool.
3. Mix sugar, cocoa and salt in a bowl. Stir in walnuts. Add egg whites and vanilla; beat with a fork or an electric mixer on medium until batter is just moistened. (Do not over beat batter or it will stiffen.) Drop batter by the teaspoonful onto baking sheets in evenly spaced mounds.
4. Bake cookies until tops are lightly cracked and glossy, about 15 minutes. Repeat with remaining batter.
5. Store in airtight container at room temperature for up to 1 week

\*For a finishing touch, sprinkle with powdered sugar.

Nutritional Information: 55 calories per cookie, 3.3 g fat (.04 saturated), 6.2 g carbs, 0.6 g fiber, 1.2 g protein

This signature treat delivers a delicious dose of heart-healthy fat and antioxidants, courtesy of the nuts and cocoa. Also these cookies are flourless - a perfect holiday recipe for those looking for gluten free desserts! Makes 60 cookies.

Note from Diana Firey: My recipe does not make 60, so I must drop bigger mounds onto sheet. Also, parchment paper is extremely important for cookies not to stick. I found this out the hard way.