

### **3-Ingredient Prune Cookies**

Makes 12 cookies

*These cookies naturally satisfy your sweet tooth and are packed with fiber, protein and good fats.*

#### **The Ingredients**

16 Sunsweet prunes

2 tablespoons hot water

1 cup rolled oats

1/4 cup chopped walnuts

#### **The Steps**

1) Preheat oven to 375 degrees F.

2) In a food processor, pulse Sunsweet prunes and hot water until smooth. Pulse in oats and walnuts until a sticky dough forms.

3) Roll dough into 12 balls and place on baking sheet lined with parchment paper.

4) Bake for 15 minutes. Immediately after removing from the oven, tap each of them down with a glass to form a cookie shape and let cool.

Nutrition (2 cookies): *140 calories, 4.5g total fat, 0.5g saturated fat, 0g trans fat, 0mg cholesterol, 0mg sodium, 26g carbohydrate, 3g fiber, 10g sugar, 3g protein, 4% vitamin A, 2% calcium, 0% vitamin C, 6% iron*