

# NutriCare Healthcare Products

## ALMOND COOKIES

Yield: 3 ½ dozen (42 cookies)      Serving: 2 cookies

### INGREDIENTS

- 1 20-oz. bag **NutriCare Sugar-Free White Cake Mix**
- 2 eggs
- 1 cup softened salted butter (do not use butter substitute)
- 1½ tsp. almond flavor

### INSTRUCTIONS

- Combine ingredients. Mix at low speed until well blended. Scrape bowl, mixing for 1 minute at medium speed.
- Drop batter from a teaspoon onto greased cookie sheets.
- Bake at 325° for 8-10 minutes.

### VARIATION

Add lemon or orange extract instead of almond flavor. For reduced-fat cookies, replace butter with ½ cup water and ¼ cup vegetable oil.

Cookies made with butter:

<b>Nutrition Facts</b>	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
	Serving Size 2 cookies Calories 90 Calories from Fat 45 *Percent Daily Values are based on a 2,000 calorie diet.	<b>Total Fat</b> 5g	<b>8%</b>	<b>Sodium</b> 95mg
	Saturated Fat 3g	<b>14%</b>	<b>Total Carbohydrate</b> 9g	<b>3%</b>
	<b>Cholesterol</b> 20mg	<b>7%</b>	<b>Protein</b> 1g	
			<b>Vitamin A</b> 2%	
	Not a significant source of trans fat, dietary fiber, sugars, vitamin C, calcium, and iron.			

Reduced-fat cookies

<b>Nutrition Facts</b>	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
	Serving Size 2 cookies Calories 60 Calories from Fat 25 *Percent Daily Values are based on a 2,000 calorie diet.	<b>Total Fat</b> 2.5g	<b>4%</b>	<b>Sodium</b> 75mg
	<b>Cholesterol</b> 10mg	<b>3%</b>	<b>Total Carbohydrate</b> 10g	<b>3%</b>
			<b>Protein</b> 1g	
			<b>Iron</b> 2%	
	Not a significant source of saturated fat, trans fat, dietary fiber, sugars, vitamin A, vitamin C, and calcium.			

## SUGAR-FREE BROWNIES

Yield: 53 brownies    Serving: 1 brownie

### INGREDIENTS

1 bag **NutriCare Chocolate Sugar-Free Cake Mix**

3 Tbsp. **NutriCare No Sugar Added Instant Chocolate Pudding Mix**

15 oz. water

¼ - ½ cup walnut pieces (optional)

Powdered sugar (optional)

### INSTRUCTIONS

- Combine cake mix and pudding mix.
- Add water and prepare as directed on cake mix package.
- Sprinkle walnut pieces evenly over top of batter.
- Bake 350° for 24 minutes.
- When cooled, dust brownies with powdered sugar.

### VARIATION

Use **NutriCare No Sugar Added Instant Vanilla Pudding Mix** instead of chocolate.

<b>Nutrition Facts</b>	
Amount/Serving	% Daily Value*
<b>Total Fat</b> 1g	<b>1%</b>
<b>Sodium</b> 65mg	<b>3%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
<b>Protein</b> 1g	

Serving Size 1 piece (3/4 oz.)  
**Calories** 45  
Calories from Fat 10  
\*Percent Daily Values are based on a 2,000 calorie diet.

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, sugars, vitamin A, vitamin C, calcium, and iron.

## SUGAR-FREE COOKIES

Yield: 3½, 5½ or 6½ dozen      Serving: 2 cookies

### INGREDIENTS

1 full container <b>NutriCare Sugar-Free Cake Mix</b> plus:	5 oz. water  Makes 3½ dozen cookie balls	7 ¾ oz. water  Makes 5½ thicker drop cookies	10 oz. water  Makes 6½ dozen wafer- type cookies  2-3 tsp. flour (optional)
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### INSTRUCTIONS

- Combine **NutriCare Sugar-Free Cake Mix** and water.
- Mix at low speed until all water is absorbed. Scrape bowl, mixing for 1 minute at medium speed. When making wafer-type cookies, add the optional flour to thicken the batter and add volume.
- Drop batter from a teaspoon onto greased cookie sheets.
- Bake at 350° for 8-10 minutes.

### VARIATION

Add the following extracts to **NutriCare Sugar-Free Cake Mix** or try your own combinations. (Also works well when preparing cookies or cakes.)

NutriCare Sugar-Free Cake Mix	Extract
Chocolate	¼ - ½ tsp. peppermint
Silver (white)	½ - 1 tsp. orange, rum, strawberry or cherry
Banana	¼ - ½ tsp. strawberry
Spice	½ - 1 tsp. orange

## SUGAR-FREE COOKIES (Continued)

### Cookie Balls

<b>Nutrition Facts</b> Serving Size 2 Cookies (approx. 34g) <b>Calories 100</b> Calories from Fat 15 <small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
	<b>Total Fat 2g</b>	<b>3%</b>	<b>Total Carbohydrate 19g</b>	<b>6%</b>
	<b>Sodium 135mg</b>	<b>6%</b>	<b>Protein 2g</b>	
			<b>Iron 4%</b>	
<small>Not a significant source of saturated fat, cholesterol, dietary fiber, sugars, vitamin A, vitamin C, and calcium.</small>				

### Drop Cookies

<b>Nutrition Facts</b> Serving Size 2 Cookies (approx. 24g) <b>Calories 60</b> Calories from Fat 10 <small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
	<b>Total Fat 1g</b>	<b>2%</b>	<b>Total Carbohydrate 13g</b>	<b>4%</b>
	<b>Sodium 90mg</b>	<b>4%</b>	<b>Protein 1g</b>	
			<b>Iron 2%</b>	
<small>Not a significant source of saturated fat, cholesterol, dietary fiber, sugars, vitamin A, vitamin C, and calcium.</small>				

### Wafer Cookies

<b>Nutrition Facts</b> Serving Size 2 Cookies (approx. 22g) <b>Calories 50</b> Calories from Fat 10 <small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
	<b>Total Fat 1g</b>	<b>2%</b>	<b>Total Carbohydrate 11g</b>	<b>4%</b>
	<b>Sodium 75mg</b>	<b>3%</b>	<b>Protein 1g</b>	
<small>Not a significant source of saturated fat, cholesterol, dietary fiber, sugars, vitamin A, vitamin C, calcium, and iron.</small>				