

# Twelve Days of Christmas

On the First day of Christmas:

## Easy Peanut Butter Cookies

makes 48 - 1 POINT\* per cookie



### Ingredients:

1 & 2/3 cups all-purpose flour  
1 & 1/2 Tbsp cornstarch  
1 & 3/4 teas baking powder  
1/2 teas. Baking soda.  
3/4 cup firmly packed brown sugar  
1/4 cup granulated sugar  
1/4 cup vegetable oil ( I use Canola)  
1/4 cup creamy Peanut Butter  
1 -1/2 Tbsp light Corn Syrup  
2 -1/2 teasp vanilla  
1 large egg  
Cooking spray  
3 Tbsp sugar

### Directions:

1. Preheat oven to 375
2. Combine first four ingred. In medium bowl, stir well & set aside. Combine next four ingred. In large bowl, mix w/electric mixer til well blended. Add the next three ingred.,; blend well. Stir in flour mixture.
3. Coat hands lightly w/cooking spray & shape dough into 46 one-inch balls. Roll balls in sugar & place 2" apart on cookie sheets coated w/ cooking spray. Flatten balls w/ fork dipped in sugar (making criss-cross design).
4. Bake for 7 minutes or til lightly browned. Remove cookies from sheets to cool completely.

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# Twelve Days of Christmas

On the Second day of Christmas:

Weight Watcher Turtles

makes 36 - 2 POINTS\* per 3 turtles



Ingredients:

1 box Weight Watcher Chocolate Carmel Mini Bars  
36 Mini-Pretzel twists  
36 pecan halves

Optional Icing:

1/8 cup Powdered Sugar  
1/2 tsp vanilla extract  
2 Tbls nonfat milk

Directions:

Preheat oven to 325 degrees

Place foil on cookie sheet. Place pretzels in a single layer on the cookie sheet.

Slice the mini bar into 3 pieces and place one piece on each pretzel. Bake in oven for 3 to 4 minutes til the caramel gets soft/shiny. When you take them out of the oven press one pecan half into each one. Put the turtles in the fridge to solidify for about 1/2 hour.

Prepare icing by adding vanilla and milk to powdered sugar in a small bowl. Add a touch of water if needed to thin. Drizzle over cooled cookies.

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## Twelve Days of Christmas

On the Third day of Christmas:

Low-Fat Rice Krispie Treats  
makes 20 (2 " squares) - 1 POINT\*



Ingredients:

4 cups mini marshmallows  
1/4 cup low-fat buttermilk  
5 cups Rice Krispies cereal

Directions:

1. In a large saucepan, over low heat, combine marshmallows & buttermilk. Melt marshmallows, stirring occasionally. When marshmallows have melted, turn up heat to medium & boil mixture for 3 minutes, stirring occasionally. Remove from heat. Stir in cereal.
2. Spray a 9x13 baking dish w/non-stick spray. Turn cereal into dish. Lightly spray a spoon and use it to press cereal down. Allow to cool.
3. Cut into 2 " squares.

Cookie Tips

1. Replace 1/2 the fat of any cookie recipe w/ an equivalent amount of un-sweetened applesauce or mashed ripe banana. Then double the amount of vanilla or other spices in the recipe.
2. When you use low-fat buttermilk, use cake flour rather than all-purpose for more tender cookies
3. Always butter or shortening for at least 2 minutes in the mixer at med. speed. More tender cookies have more air beaten into the batter. However, once you add the flour ...never use a mixer, use a wooden spoon just til moistened. (you don't want the glutens to get stiff).
4. If a recipe calls for two whole eggs, use 1 whole egg and 2 egg whites; if it calls for 3 whole eggs, use 1 whole egg and 3 egg whites.
5. Replace walnuts, pecans & hazelnuts with pine nuts, almonds, pumpkin seeds or unsalted sunflower seeds.

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## Twelve Days of Christmas

On the Fourth day of Christmas:

Peanut Butter Cornflake Bars

16 servings - 3 POINTS\* per bar



Ingredients:

4 Tblsps light stick margarine  
4 cups (about 40) marshmallows  
1/3 cup smooth peanut butter  
6 cups Cornflakes  
1/4 cup mini chocolate chips

Directions:

Spray 8 " square baking dish (non-stick spray)

Melt margarine in a large, heavy saucepan over med. heat. Add marshmallows & cook, stirring constantly, until melted ( about 7 minutes). Stir in the peanut butter til smooth. Remove pan from heat; stir in the cereal & chocolate chips.

Pour into the baking dish. Press the mixture flat w/ sheet of wax paper; cool 30 minutes. Turn out onto rack & cool 30 minutes more.

Transfer to a cutting board; cut into 16 squares.

Optional: Melt 2 Tblsps of choc chips, then drizzle over the cooled bars.

## Twelve Days of Christmas

On the Fifth day of Christmas:

Basic Icebox Sugar Cookies  
makes 24 - 1 POINT\* per cookie



Ingredients:

1 cup all-purpose flour  
1/4 teasp. baking soda  
1/8 teasp. salt  
4 Tblsps stick margarine, softened  
2/3 cup sugar  
1 teasp. vanilla  
1 large egg white  
Cooking spray

Directions:

Combine the first 3 ingredients in a bowl, and set aside. Beat margarine at medium speed of mixer til light & fluffy. Gradually add sugar, (med. speed) til well blended. Add vanilla & egg white; beat well. Add flour mixture, and stir til well blended. Turn dough out onto wax paper, and shape into a 6" log. Wrap log in wax paper, and freeze for 3 hours or til very firm. Preheat oven to 350 degrees. Cut log into 24 (1/4") slices, and place slices one inch apart on a baking sheet coated w/cooking spray. Bake at 350 for 8 – 10 minutes. Remove from pan and cool on wire racks.

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## Twelve Days of Christmas

On the Sixth day of Christmas:

Haystacks

makes 24–26 - 1 POINT\* per haystack



Ingredients:

3 cups Fiber One cereal  
12 ounces chocolate chips

Directions:

Melt chocolate in microwave (low setting), and stir to smooth out. Stir in the cereal and drop by Tablespoons onto a cookie sheet. Place in fridge or freezer to firm. I store mine in sealed container in fridge after they are set up good.

Option: We also like making these and substituting peanut butter chips in place of the chocolate chips

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## Twelve Days of Christmas

On the Seventh Day of Christmas:

Amazing Oatmeal Cookies

makes 4 - 2 POINTS\* per 4 cookies



Ingredients:

1 container Maple Brown Sugar Oatmeal  
1/2 teasp. Baking powder

Directions:

Gradually stir in about 1/4 to 1/3 cup water, until it is the consistency of oatmeal cookie dough.

Split the mixture into four. Drop onto a baking sheet sprayed w/non-stick spray.

Bake at 350 degrees until firm, about 15 minutes

If you need to have a breakfast on the go, it's a hand-held oatmeal breakfast.

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## Twelve Days of Christmas

### On the Eighth Day of Christmas:

Chocolate Marshmallow Fudge  
makes 36 servings - 2 POINTS\* per serving



#### Ingredients:

1 & 2/3 cup sugar  
2/3 cup fat-free evaporated milk  
2 Tablespoons reduced calorie margarine  
12 oz. semi-chocolate chips  
14 large marshmallows

#### Directions:

Coat 8x8 pan w/butter flavored cooking spray  
In a saucepan, stir milk, sugar & margarine; bring to a boil  
Reduce heat to med.-low. Cook 3 minutes, stirring constantly.  
Stir in the chocolate chips & marshmallow, remove from heat, stir, pour into pan & refrigerate.

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## Twelve Days of Christmas

On the Ninth Day of Christmas:

Soft Chocolatey Cookies

Makes 42 - 1 POINT\* per cookie



Ingredients:

1 & 1/3 cup sugar  
1/2 cup apple butter  
1/2 cup fat-free sour cream  
1/4 cup vegetable oil ( I used Canola)  
1 & 1/2 cup cake flour, sifted  
1 cup unsweetened cocoa  
1/4 tsp. salt  
1/4 cup regular egg substitute  
1/4 tsp. baking soda

Directions:

Preheat oven to 350 degrees. Spray 3 large cookie sheets w/cooking spray.  
Whisk together sugar, apple butter, sour cream, oil, and egg substitute. In another bowl, whisk together flour, cocoa, salt & baking soda.  
Stir flour mixture into sugar mixture; mix just til blended.  
Drop 42 Tablespoonfuls of cookie dough onto cookie sheets, about 1 & 1/2 inches apart. Bake until firm (about 10—12 minutes). Transfer cookies to flat surface and cool completely. Yields 1 cookie per serving.

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## Twelve Days of Christmas

On the Tenth Day of Christmas:

### Pecan Tartlets

Servings 12 - POINTS 3\*

Part Soufflé, part tart—really just pecan pie minus the crust.



Ingredients:

cooking spray  
3 large eggs  
1/8 teaspoon salt  
1 Tablespoon butter, melted  
1/3 cup dark corn syrup  
2/3 cup dark brown sugar  
1 tsp. vanilla  
1/3 cup chopped pecans  
24 pecan halves

Directions:

Preheat oven to 450. Place twelve 3-ounce ramekins in a shallow pan or on a rimmed cookie sheet for easy handling; coat ramekins with cooking spray. In med. bowl beat eggs w/salt. Add melted butter, corn syrup, sugar and vanilla; beat well. Blend in chopped pecans and spoon batter to half fill the ramekins; gently place 2 pecan halves on top of each ramekin. Bake for 17 minutes. Reduce oven temperature to 350 degrees and bake until a knife inserted in center comes out clean, about 15 minutes more. Remove from oven and allow to cool; serve in ramekin dishes w/spoon, either warm or cold.

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## Twelve Days of Christmas

On the Eleventh Day of Christmas:

Mini Chocolate Chip Cookies

Makes 24 - 1 POINT\* per 2 cookies



Ingredients:

2 Tablespoons butter, softened  
2 Tablespoons Canola oil  
1/2 cup dark brown sugar  
1 teaspoon vanilla  
1/8 teaspoon salt  
1 large egg white  
3/4 cup flour  
1/4 teaspoon baking soda  
3 oz. semi-sweet chocolate chips (about 1/2 cup)

Directions:

Cream butter, oil, brown sugar. Add vanilla, salt, egg white, and mix together thoroughly. Add flour & baking soda. Mix. Add chocolate chips and stir. Drop by rounded 1/2teaspoons of dough on a non-stick cookie sheet. Bake at 375 degrees for 4 –6 minutes

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## Twelve Days of Christmas

On the Twelfth Day of Christmas:

Chocolate—Peanut Butter Squares

Makes 24 - 2 POINTS\* per square



Ingredients:

- 3 cups plain popcorn
- 2 cups Rice Krispies
- 2 cups Cheerios
- 1/3 cup unsalted peanuts chopped
- 1 Tablespoon unsalted butter
- 1 ounce unsweetened chocolate, chopped
- 1 ( 7 & 1/2 ounce) jar Marshmallow cream
- 1/4 cup creamy natural peanut butter
- 3 Tablespoons unsweetened cocoa powder
- 1 & 1/2 teaspoons vanilla

Directions:

Line a 9x13 pan w/foil, allowing foil to extend over rim of pan by 2'. Spray w/non-stick spray. Combine the popcorn, Rice Krispies, Cheerios & peanuts in a very large bowl.

Put the butter and chocolate in a non-stick skillet and set over low heat. Cook, stirring til melted ( about 1 –2 minutes). Remove skillet from heat; add the marshmallow cream, peanut butter, cocoa powder & vanilla. .Return skillet to heat & continue cooking& stirring til well blended & hot ( about 2-3 minutes). Put the Marshmallow mixture in bowl w/cereal, popcorn& nuts. With a rubber spatula stir vigorously til the mixture is evenly coated. Scrape into the baking pan. Spray your hands with non-stick spray & press mixture down evenly iin baking dish. Let cool completely. Lift from pan using foil as handles. With serrated knife that has been spray with non-stick spray cut into 24 squares.

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