

Session Twelve

Planning For Vacations or Holidays

During this session you will:

- ◆ *Identify vacation or holiday challenges*
- ◆ *Identify strategies you can use to handle vacations or holidays*
- ◆ *Identify ways to modify home-baked goods to reduce their fat content*



Review of Home Activity

- ◆ What were some of your negative thoughts about low-fat eating?
- ◆ What positive messages did you identify?
- ◆ How did your positive message(s) work?
- ◆ If they didn't work, what could you change to make them work?

Challenges of Vacations or Holidays

In this session, you will have the chance to put your new skills and knowledge to work planning for vacations or holidays.

These festive occasions are filled with people, foods, and emotions. They present many of the same challenges that we have discussed in earlier sessions.

These challenges include the places you go, the activities you do, the people around you, the availability of lower-fat foods, and your own expectations and thoughts.

The table on page 3 lists some of the potential challenges that you may find for vacations and holidays.

- ◆ What happens to your eating patterns during vacations or holidays?
- ◆ What foods are usually available?
- ◆ What thoughts or emotions do you have when you're on vacation or enjoying a holiday?

Where Do You Start?

When you begin to plan for a vacation or holiday, use the Problem Solving Process you learned in Session 10.

- ◆ Identify your challenges.
- ◆ Identify the strategies you can use to handle your challenges.

Questions to Ask Yourself

You can get a better picture of your potential challenges by asking yourself the nine planning questions that follow:

Potential Challenges for Vacations and Holidays

Places and activities:

- ☐ No regular meal times.
- ☐ Eating away from home.
- ☐ Many activities involve food.
- ☐ Other

Foods available:

- ☐ High-fat foods more readily available.
- ☐ Not many low-fat choices available.
- ☐ More snacking throughout the day.
- ☐ Other

Family and friends:

- ☐ More pressure from others to eat certain foods.
- ☐ Less support from people around me.
- ☐ Concern about hurting the feelings of family or friends by refusing foods.
- ☐ Other

Your own thoughts and emotions:

- ☐ Feeling of celebration, want to forget about low-fat eating.
- ☐ Expect certain high-fat foods (i.e., holiday cookies, rich desserts).
- ☐ Less comfortable asking for lower-fat foods.
- ☐ Other

1. Where will I stay?
2. What activities will be available?
3. What foods will be available?
4. What specific foods do I want to eat?
5. How much pressure will I get from other people to eat high-fat foods?
6. Who can help me?
7. What emotions or feelings do I have about this occasion?
8. How long will I be in this situation?
9. How much time do I have before the event to prepare?

Identify the Skills You Can Use

After you have identified your challenge, think about the skills you have to handle the challenge(s).

During the past six months you have learned many different strategies you could use to handle vacation or holiday challenges. For example:

- ◆ **Session 6.** Eat less fat at social occasions.
Budget fat grams
- ◆ **Session 8.** Be assertive and say "no."

- ◆ **Session 10.** Use Problem Solving process to define your challenges and identify solutions.

- ◆ **Session 11.** Change your negative thoughts into positive messages.

Look at the sample situation on page 4. See how asking yourself these questions can help you define your challenges and identify your skills.

SAMPLE

Situation:

Imagine that you have just been invited to a family holiday dinner at your daughter's (or friend's) home. During the holidays, your family (or friends) get together and everyone brings their favorite high-fat foods. The women gather in the kitchen to prepare dinner and nibble on high-fat snacks. Last year, your daughter made all your favorite foods and she was very disappointed when you said you couldn't eat dessert. This year, she plans to make pumpkin pie. It's your favorite dessert.

The table below lists the questions and possible responses for this sample situation.

	Question	My Response
Places & activities	Where will you stay? (Family, friends, motel, etc.)	Daughter's (or friend's) home.
	What activities will you be doing? (If traveling, how will you travel?)	Visiting with friends, preparing meals, and eating.
Foods available	What foods will be available?	Traditional foods: ham, candied yams, mashed potatoes, gravy, stuffing, creamed vegetables and pumpkin pie.
	What specific foods do you want to eat?	Pumpkin pie (It's my favorite).
Family & friends	How much pressure will you get from others to eat high-fat foods?	My family and friends want me to try everything. If I don't, they are disappointed.
	Who can help you?	My cousin, Susan.
Emotions	What emotions or feelings do you have about this occasion or event?	I am excited but also nervous about what my family will think of my low-fat program.
Time/fat budgeting	How long will you be in this situation?	High-fat leftovers are around for at least 3 days.
	How much time do you have to prepare before the event?	I have two weeks before the holiday.

Skills to Use

There are many different skills that could be used to handle this sample situation. For example, you could budget your fat

grams, plan to bring low-fat foods, or identify the negative thoughts that get in the way of your planning.

◆ **Budget fat grams**

There are two weeks before the holiday, so you could eat a few less grams of fat each day for the piece of pumpkin pie you really want.

◆ **Bring low-fat foods**

Plan to bring a low-fat fruit and vegetable tray for nibbling. This will make lower-fat foods more available for you and others.

◆ **Develop positive self-talk messages**

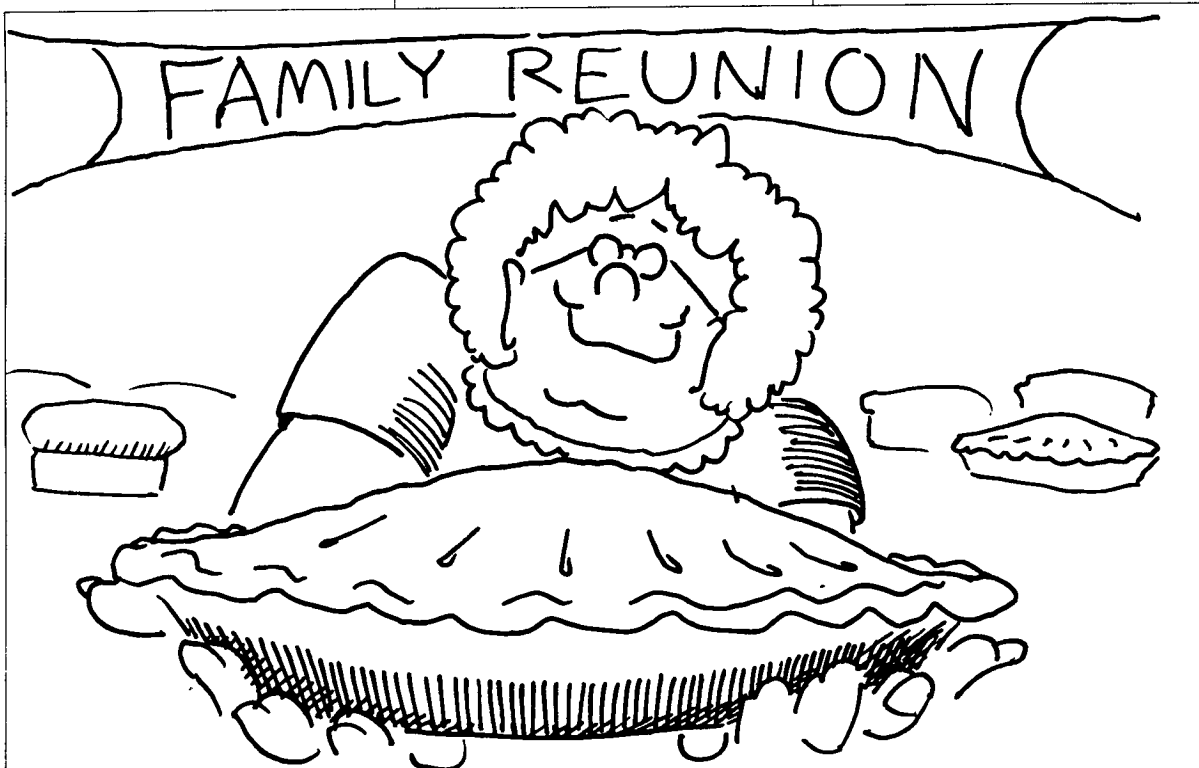
Identify your negative thoughts or emotions ahead of time. This gives

you time to change your negative thoughts. Use the skills you learned in Session 11 to develop positive messages. Repeat the positive messages to yourself during the holiday.

◆ **What other skills could you use to handle the challenges in the sample situation?**

Practice

Now it's your turn to plan. Think of a vacation, holiday or other special occasion that is coming up. Use the questions listed on Worksheet 12-1 (pgs. 11-12) to identify potential challenges. Write your responses across from each question. Think about the skills or strategies you could use to handle the challenges you identify. Review the strategies listed on Worksheet 12-2 (pg. 13) for ideas. There are additional tips for enjoying lower-fat vacations or holidays on Worksheets 12-3 and 12-4 (pgs. 14-15).



Modifying Home-Baked Goods

Most people bake during the holidays and other special occasions. The next two pages contain some of the tips that you can use to make your home-baked goods lower in fat.

Practice

Select one of your favorite home-baked good recipes. Look at your recipe and identify all of the high-fat ingredients. List them on Worksheet 12-5 (pg. 16).

Use your Fat Counter or Worksheet 12-6 (pgs. 17-18) to look up the grams of fat in each of the ingredients you listed.

Add up the total amount of fat in your recipe and

divide by the total number of servings your recipe makes.

If your recipe has more than 4 grams of fat per serving, use Worksheet 12-6 to find some lower-fat substitutes.

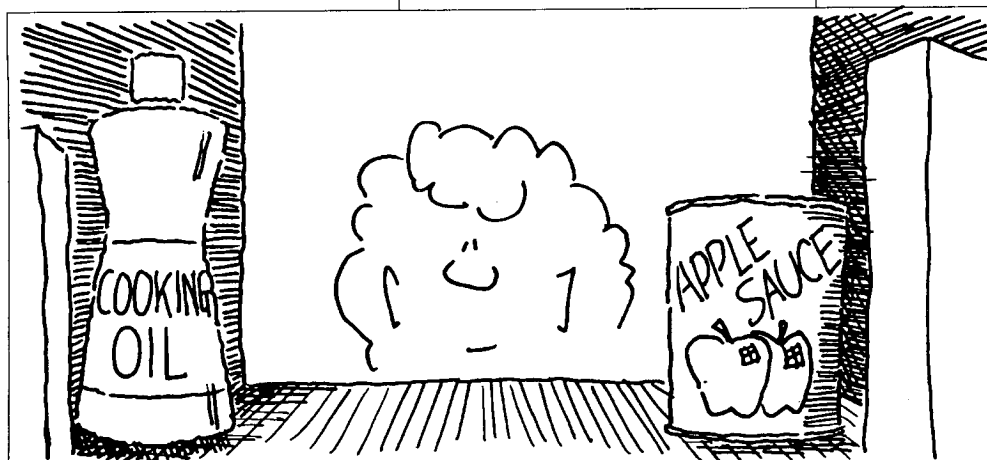
- ◆ **What ingredients added fat to your recipe?**
- ◆ **What lower-fat substitutions did you use to reduce the fat in your recipe?**

Use Worksheet 12-5 to list the low-fat substitutes and grams of fat across from the higher-fat ingredients they will replace.

Add up the total amount of fat in your modified recipe and divide by the number of servings. This will give you the number of fat grams in one serving. Compare your original recipe and your lower-fat recipe to see how many grams of fat you removed.

If you can't reduce the fat in your recipe to less than 4 grams per serving, think about other strategies you could use to maintain your new eating style. For example:

- ◆ **Eat a smaller serving.**
- ◆ **Budget the extra fat grams you need for the special baked good.**
- ◆ **Find a new lower-fat recipe to replace your old high-fat one.**



**Here are some ideas to reduce the fat in your recipe
but still keep the flavor and moisture:**

Try	Hint
Fruit puree or fruit	<ul style="list-style-type: none"> ● Substitute equal amounts of fruit puree (i.e., applesauce) for oil in cake, brownie, bread or muffin mixes. The fruit adds flavor, moisture and tenderness to a baked good when the oil is omitted.
Cake flour	<ul style="list-style-type: none"> ● Replace all-purpose flour with cake flour. It provides a more cake-like texture instead of a bread-like texture. The cake flour makes a more delicate crumb and will stay tender even with less fat.
Egg whites or egg substitutes	<ul style="list-style-type: none"> ● Replace some of the whole eggs in a recipe with egg whites or a commercial egg substitute. (1 egg = 2 egg whites or 1/4 cup egg substitute.) ● Avoid using an egg substitute to replace more than 4 whole eggs in a recipe. ● Fold stiffly beaten egg whites into a mix at the end. This gives a lift to the home-baked good.
Light or diet margarines	<ul style="list-style-type: none"> ● Be careful when using light or diet margarines to replace regular margarine or butter. These substitutes have a higher water content and can change the texture of your baked ● Experiment--you may need to reduce some of the liquid in your recipe when you use light or diet margarine.
Less nuts and coconut	<ul style="list-style-type: none"> ● Use 1/3 to 1/4 the amount called for in the recipe and chop it finer. ● When nuts are used in a mix, substitute wheat germ. It adds crunch but has less fat.

Ideas to Reduce the Fat in Your Recipes (continued):

Try	Hint
Non-fat or low-fat dairy foods	<ul style="list-style-type: none"> ● Replace high-fat dairy foods in recipes with non-fat or low-fat dairy foods. ● Instead of regular sour cream, use a new non-fat or low-fat sour cream or plain yogurt (non-fat, 1% or 2%). ● Use evaporated skim milk in place of evaporated whole milk, cream, or half-n' half in recipes. ● Add a splash of vanilla extract to the evaporated skim milk if you want a richer flavor. ● Substitute Neufchatel, low-fat cream cheese or yogurt cheese (recipe in Session 3) for regular cream cheese.
Different crusts*	<ul style="list-style-type: none"> ● Consider making a lighter crust for pies and other desserts with crusts. (See recipes in Session 12.) ● Experiment with phyllo sheets, graham cracker or chocolate wafer crumbs, crushed bran or wheat flakes, or crushed Grape-Nuts cereal. ● Try a single crust dessert like a cobbler or a buckle.
Low-fat dessert toppings	<ul style="list-style-type: none"> ● Make a non-fat whipped cream using skim milk powder and flavorings. ● Use plain yogurt (non-fat, 1% or 2%) with vanilla and sugar, to taste. ● Use sliced fruit or fruit purees. ● Make a fat-free chocolate sauce using confectioner's sugar, skim milk and cocoa powder.

Summary

Vacations and holidays may present challenges to maintaining your new eating style. However, you have many skills that you can use to take control of the situation.

Your experiences during the past six months have made it easier for you to identify your challenges and develop workable plans.

Use this knowledge and experience to act in your best interest.

Here are some questions for further thought:

- ◆ What vacation or holiday challenges are the most difficult for you to handle?
- ◆ What skills do you think would be the easiest to use to handle your vacation or holiday challenges?
- ◆ What changes in your baked-good recipes will be the most acceptable to your family or friends?

Home Activity

Areas to work on next month:

- ◆ **Use two Fat Scans during the next month. Complete one at the beginning of the month and one at the end of the month. Be sure each Fat Scan includes a weekend day.**
- ◆ **Use the plan you developed during this session to handle a special occasion.**
- ◆ **Prepare the home-baked good recipe you modified in this session or buy a low-fat commercial baked dessert.**

Use Worksheet 12-7 (pg. 19) to outline a plan and evaluate how well it worked.

Planning Worksheet

Use these questions to plan for a special event or occasion (e.g. vacation, holiday, etc.) that will happen during the next month or two. Read the questions and write your response across from each question.

Vacations, Holidays, or Special Occasions:

Category	Question	My Response
Place and Activities	Where will I stay? (family, friends, motel, etc.)	
	What activities will I be doing? (traveling, eating, etc.)	
Foods Available	What foods will be available? (low or high-fat foods)	
	What specific foods do I want to eat?	
Family or Friends	How much pressure will I get from others to eat high fat foods?	
	Who can help me?	
Emotions	What emotions or feelings do I have about this occasion or event?	
Time/Fat Budgeting	How long will I be in this situation?	
	How much time do I have to prepare before the event?	

Planning Worksheet

After you have answered the questions on page 11, identify your challenges for this event. Identify the strategies you can use to handle your challenge(s). Use Worksheets 12-2, 12-3 or 12-4 for ideas. Ask yourself if your strategies will work. Look for other strategies you could try if your answer is "maybe" or "no."

Holidays, Special Occasions, or Vacations:

Challenges	Strategies I Can Use

Strategies for Vacations or Holidays

Review the strategies listed below. Check any ideas that you could use to handle your vacation or holiday.

Planning Ahead Skills I Could Use:

- ☐ Find new recipes or lower the fat in old favorites.
- ☐ Have low-fat foods readily available.
- ☐ Eat less fat for a few days before or after vacations or holidays.
- ☐ Plan fun activities that don't involve eating.
- ☐ Eat a low-fat snack before I go, so I'm not as hungry.
- ☐ Prepare a low-fat food for the event.
- ☐ Ask my family or friends to help ahead of time by having them provide some low-fat foods.
- ☐ Plan established times during the day for meals and snacks, so I have a routine.
- ☐ Identify any negative self-talk I may have about the special occasion, and develop positive messages that I can use before the occasion happens.
- ☐ Other _____

Other Skills I Could Use:

- ☐ Fill most of my plate with green salad and other low-fat foods.
- ☐ Bring along low-fat substitutes (i.e., salad dressings, etc.).
- ☐ Choose smaller servings.
- ☐ Share high-fat food with a friend or family member.
- ☐ Leave high-fat food on my plate.
- ☐ Spend more time talking than eating.
- ☐ Limit the high-fat extras I choose (i.e., butter, salad dressings, gravy, etc.).
- ☐ Refuse high-fat foods.
- ☐ Eat only the high-fat foods that are important to me.
- ☐ Other _____

Tips for Enjoying Low-Fat Vacations

Check any ideas you can use to handle your vacation. For meals eaten in regular restaurants or at fast food places, you can also use Worksheet 6-3 in Session 6. In addition, refer to the Resource section of your Participant Manual.

If you stay in someone's home:

- ___ Choose a specific place to eat and avoid eating in other locations.
- ___ Bring your own low-fat foods (butter substitute, low-fat dressings, etc.).
- ___ Offer to do some of the cooking.
- ___ Keep your hands busy with hobbies (crossword puzzles, jigsaw puzzles, needlework, etc.).

If you stay in a motel or hotel:

- ___ Avoid eating in your room, except for low-fat snacks or beverages.
- ___ Use the ideas found on Worksheet 6-3 in Session 6 (How to Eat Less Fat at Restaurants).

If you travel:

- ___ Eat lighter meals and use more salads, fruits, vegetables and non-fried fish and seafood.
- ___ Keep low-fat snacks available for immediate use.
- ___ Carry an insulated tote or cooler in the car.
- ___ Eat meals only at roadside picnic areas or restaurants, not in the car.
- ___ Take a stretch break rather than a food break when you're on the road.
- ___ Make a request for a low-fat meal with your plane reservation. (Needs to be done at least 24 hours before your flight).
- ___ Keep things in balance. If you splurge on high-fat foods, treat it as a small error in self-management, not a catastrophe. Remember, a stumble is not a fall.

Tips for Enjoying Low-Fat Holidays

Check any ideas you can use to handle your holiday or other special occasion. For the holiday parties and dinners at home and away from home, you can also use Worksheet 6-1 in Session 6 (How to Eat Less Fat at Social Occasions). In addition, refer to the Resource section of your Participant Manual.

Review your old patterns and identify what you can change.

Change your home environment:

- ___ Keep your tempting, high-fat holiday foods out of sight.
- ___ Have low-fat alternatives around the house when guests drop in for the holidays.
- ___ Decorate your house without using food (use fresh evergreens or holly, candles or flowers instead of bowls of candy and gingerbread houses).
- ___ Serve a holiday meal at your home (you have more control when you're in charge of the food).
- ___ Avoid leaving the holiday snacks out after the guests are gone.
- ___ Select foods that are "essential holiday" favorites for you and your family and reduce the other high-fat foods.

Modify holiday baking:

- ___ Decorate dough ornaments for your tree instead of cookies.
- ___ Bake only the amounts you need and can use quickly.
- ___ Modify some of your favorite holiday recipes to make them lower in fat.
- ___ Donate some of your baking to charitable organizations (i.e., food banks, convalescent homes, etc.)

Change your interaction with others:

- ___ Create new holiday traditions (organize family game tournaments or hikes, attend a holiday play or concert, or help serve a holiday meal in the community).
- ___ Use activities rather than food to deal with your holiday stress or anxiety.
- ___ Share a gift of your time rather than showing love with food.

Recipe Worksheet

Name of Recipe: _____

List the high-fat ingredients in your recipe and calculate the number of fat grams per serving. Use Worksheet 12-6 to identify the lower-fat ingredients you could substitute.

High-fat Ingredients	Fat (gm)	Low-fat Substitutions	Fat (gm)
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Makes: _____ servings

Total fat in recipe: _____
Fat per serving: _____

Total fat in recipe: _____
Fat per serving: _____

Helpful conversions:

3 tsp = 1 Tb	1 stick margarine = 8 Tb
1/4 cup = 4 Tb	2 squares chocolate = 1 oz
1/3 cup = ... 5.5 Tb	1 cup chocolate chips = ... 6 oz
1 cup = 16 Tb	

Worksheet 12-6

Lowering the Fat in Home-Baked Goods

Higher-fat Ingredients	Fat (grams)	Lower-fat Ingredients	Fat (grams)
Sweetened condensed milk, 1 cup	27	Evaporated 2% milk, 1 cup	10
		Evaporated skim milk, 1 cup	1
Evaporated whole milk, 1 cup	19	1% milk, 1 cup	3
		Skim milk, 1 cup	0
Half 'n half, 1 cup	32		
Whole milk, 1 cup	8		
Whipped cream, 1 Tb	2	Low-fat, non-dairy whipped topping, 1 Tb	1
Sour cream or imitation sour cream, 1 Tb	3	Light sour cream, 1 Tb	1
		Low-fat sour cream, 1 Tb	1
		Plain non-fat yogurt 1 Tb	0
Cream cheese, 2 Tb	10	Neufchatel cream cheese, 2 Tb	6
		Fat-free cream cheese, 2 Tb	0
		Fat-free yogurt cheese (homemade), 2 Tb	0
Butter or margarine, 1 Tb	12	Diet margarine, 1 Tb	6
Shortening, 1 Tb	13	Whipped margarine, 1 Tb	9
Oil, any kind, 1 Tb	14	Applesauce, unsweetened, 1 Tb	0
Baking chocolate, unsweetened, 1 oz	16	Cocoa powder, 2 Tb plus: 1 Tb regular margarine/butter	13
		1 Tb diet margarine	7

Worksheet 12-6 (continued)

Lowering the Fat in Home-Baked Goods

High-fat Ingredients	Fat (grams)	Low-fat Ingredients	Fat (grams)
Semi-sweet chocolate, 1 oz	8	Reduce amount of chocolate chips by at least half, 1/2 oz or 1-1/2 Tb	5
Chocolate chips, 1 cup	50		
3 Tb or 1 oz	9		
Butterscotch chips, 1 cup	49		
Nuts, any kind, 1/4 cup	19	Reduce amount used by half, nuts, 1/2 Tb	3
1 Tb	5	Grapenuts cereal, 1 Tb	0
Coconut, 1 Tb	2	Wheat germ, 1 Tb	1
		Reduce amount by half, coconut, 1/2 Tb	1
Eggs, whole, 1 large	5	Egg whites, 2	0
Pie Crusts: (9" diameter pie)		Pie Crusts: (9" diameter pie)	
Double crust, pastry type, made with shortening	168	Single crust, pastry type, made with shortening	72
		No crust used	0
Vanilla wafer crust, 9" pie: made with regular margarine	85	Vanilla wafer crust, 9" pie: made with 5 Tb. diet margarine	62
		made with butter substitute	40
Chocolate wafer crust, 9" pie: made with regular margarine	69	Chocolate wafer crust, 9" pie: made with 5 Tb diet margarine	46
		made with butter substitute	25
Graham cracker crust, 9" pie: made with regular margarine	72	Graham cracker crust, 9" pie: made with 5 Tb diet margarine	42
		made with butter substitute	13
		Commercial graham cracker crust, 8" pie	48

Name: _____

Worksheet 12-7

Home Activity Worksheet

Areas to work on next month:

- ◆ Use the plan developed on Worksheet 12-1 to handle your special occasion.

Evaluation:

1. My event: _____
2. Strategies that I used to maintain my low-fat eating pattern (Worksheets 12-2, 12-3 or 12-4):

3. If my strategies did not work, what could I do differently next time?

- ◆ Prepare a home-baked good recipe or buy a low-fat commercial dessert.

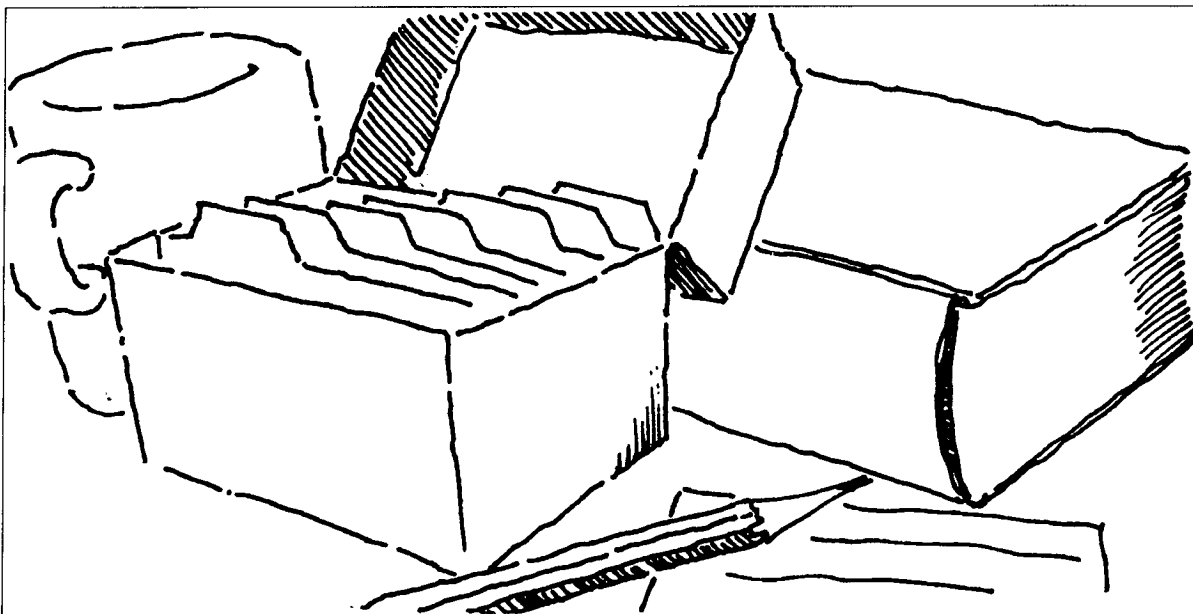
Evaluation:

1. Food or recipe I tried _____
2. Did I (or family) like it? ☐ Yes ☐ No
Comments on the baked good.

Session Twelve

Recipes

- ♦ *Blueberry-Yogurt Muffins*
- ♦ *Yogurt Brownies*
- ♦ *Lemon Cookies*
- ♦ *Lower-Fat Pastry Crust*
- ♦ *Chewy Oatmeal Slims*



Blueberry-Yogurt Muffins

2 cups flour
1/3 cups sugar
1 teaspoon baking powder
1 teaspoon baking soda
1/4 teaspoon salt
1/4 cup unsweetened orange juice
1 tablespoon vegetable oil
1 tablespoon unsweetened applesauce
1 teaspoon vanilla extract
1 carton (8 ounces) vanilla yogurt, skim or 2% fat
1 egg
1 cup frozen or fresh blueberries, thawed
1/2 teaspoon grated orange or lemon peel (optional)
non-stick cooking spray
1 tablespoon sugar

Combine the flour, sugar, baking powder, baking soda, and salt in a large bowl. Make a well in the center of the flour mixture.

Combine the orange juice, unsweetened applesauce, oil, vanilla extract, vanilla yogurt, and egg together and stir well. Add this liquid mixture to the dry flour mixture, stirring just

until moistened. Gently fold in the blueberries.

Divide the batter evenly among 12 muffin cups coated with cooking spray. Sprinkle 1 tablespoon sugar evenly over muffins. Bake at 400°F for 18 minutes or until golden. Remove the muffins from the pans immediately. Let cool on a wire rack.

Makes 12 muffins

Fat: 2 grams per muffin

Grain Servings: 1/2 per muffin

Recipe from Cooking Light Magazine, September/October, 1992

Yogurt Brownies

1 box commercial brownie mix
1/2 cup plain nonfat yogurt
amount of water as shown on mix
chocolate packet (if included in box mix)
non-stick cooking spray**

Spray the bottom of a 13" x 9" x 2" pan. Preheat oven to 350°F (325°F if glass pan).

Combine brownie mix, yogurt, water, and chocolate packet (if included) in a bowl. Mix well. Spread in pan. Bake 30 minutes or until brownie begins to pull away from edge. Cool before cutting.

****Do not use microwave brownie mix.**

Makes approximately 24 brownies

Fat: 2 grams per brownie (made from mix with no chocolate packet)

3 grams per brownie (made from mix with chocolate packet)

Grain Servings: 1/2 per serving

Recipe from Dannon Yogurt suggestions

Lemon Cookies

1 box lemon cake mix (Duncan Hines Delite® without pudding, 94% fat free)

2 egg whites

1 envelope Dream Whip®, mixed with 1/2 cup skim milk
non-stick cooking spray

Mix all the ingredients together. Drop by teaspoonfuls onto cookie sheets that have been sprayed with non-stick vegetable cooking spray. Bake at 350°F for 12 minutes.

Makes 84 cookies

Fat: 3 grams per 3 cookies

Grain Servings: 1/2 per 3 cookies

Recipe from Duncan Hines

Lower-Fat Pastry Crust

1 cup all-purpose flour
1-1/2 tablespoons margarine
1-1/2 tablespoons vegetable shortening
3 to 4 tablespoons ice water
1/4 teaspoon salt
1 egg white

Cut margarine and shortening into the flour with a pastry blender until the mixture resembles coarse meal. Sprinkle ice water (1 tablespoon at a time) over the surface; stir with a fork until the dry ingredients are moistened. Shape into a ball. Wrap in wax paper and chill for 15 minutes. Roll the dough to a 1/8-inch thickness on a lightly floured surface.

Place in a 9-inch pie plate and press down the bottom and sides of the pie plate. Trim and flute the edges. Brush with egg white. Prick the bottom and sides of the pastry crust with a fork. Bake at 375°F for 15 minutes or until lightly browned. Let cool on a wire rack before filling.

Makes 8 servings

Fat: 5 grams per serving

Grain Servings: 1/2 per serving

Recipe from Cooking Light Magazine, September/October, 1987

Chewy Oatmeal Slims

1/2 cup egg substitute (without fat)
1 cup dark brown sugar, packed
1/2 cup white sugar
2 tablespoons skim milk
1 tablespoon butter, softened
1 teaspoon vanilla extract
1-1/2 cups rolled oats
1 cup all-purpose flour
1/2 teaspoon baking soda
1 teaspoon salt
1-1/2 cups dried fruit (raisins, apricots, cherries, etc.)
non-stick cooking spray

Combine egg substitute, brown sugar, white sugar, skim milk, butter and vanilla. Grind 1-1/4 cups of rolled oats in a food processor or blender to the consistency of flour. Combine the ground oats with the flour, baking soda and salt. Stir into the sugar-egg substitute mixture. Stir in remaining 1/4 cup rolled oats and dried fruit. Drop by tablespoon onto a non-stick baking sheet (or spray baking sheet with non-stick spray). Bake at 375°F about 5 minutes or until center tests done. Remove from baking sheets while still warm. Place on a wire rack to cool.

Makes 48 cookies

Fat: 2 grams per 4 cookies

Fruit/Vegetable Servings: 1/2 per 4 cookies

Grain Servings: 1 per 4 cookies

Recipe from Los Angeles Times (contributed by Iowa City)