**Soft Apple Cinnamon Cookies**

A soft and moist cookie, with apple and cinnamon flavor.

**Ingredients**

7 tbsp fat free milk

1 cup reduced fat baking mix

1/4 cup packed brown sugar

1 tsp ground cinnamon

1 cup chopped apples

**Directions**

1. Preheat oven to 400 degrees F. Spray 2 cookie sheets with non-fat cooking spray and set aside.
2. In a medium bowl, mix together all ingredients with a spoon until well mixed.
3. Drop by rounded teaspoonfuls onto prepared cookie sheets.
4. Bake at 400 degrees F for 4 minutes or until lightly golden brown on bottom.

Makes 24servings

Nutrition Facts:

Calories 32.2

Total Fat .3g

Total Carbohydrates 6.8g

Dietary Fiber .2g

Protein .6g



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