

APPLE FRUITY CHEWS

1 cup chopped dried apples
3/4 cup vegetable shortening
1/4 cup sugar
1/4 cup packed brown sugar
1 egg
1 teaspoon vanilla extract
1 cup all-purpose flour
1 teaspoon baking powder
1 teaspoon ground cinnamon
2 1/2 cups Fruit Rings® brand cereal



Preheat oven to 350°F. Rinse apples with hot tap water in colander until wet; set aside. Beat shortening and sugars until creamy. Add egg and vanilla; beat well. Add flour, baking powder and cinnamon; mix well. Stir in cereal and apples; mix well. Drop by level tablespoon, 2 inches apart, onto ungreased baking sheet. Bake 10 to 12 minutes or until lightly browned. Let stand 1 minute before removing to racks to cool.

Makes 4 dozen.

Nutrition information per cookie: 58 calories, 6.5g carbohydrate, .5g protein, 3.5g fat, 4mg cholesterol, 18mg sodium, trace dietary fiber.



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