Cranberry Oat Cookies
Makes 32 cookies
These whole grain cookies have half the fat and sugar of regular cookies, more than two times the fiber AND they taste great!

INGREDIENTS
½ cup canola oil OR melted margarine or butter 
½ cup applesauce
¾ cup brown sugar, packed
1 teaspoon cinnamon
½ teaspoon salt
½ teaspoon nutmeg
2 eggs
2 cups whole wheat flour
1 ½ cup quick rolled oats
1 ½ teaspoon baking powder
½ dried cranberries

DIRECTIONS
1. Preheat oven to 350°. Spray two baking sheets or line them with parchment paper.
2. Mix the oil, applesauce, brown sugar, salt, cinnamon, nutmeg and eggs together in a large bowl.
3. Add the flour, oats and baking powder and mix thoroughly. Stir in dried cranberries.
4. Scoop cookies onto prepared baking sheets (about 2 tablespoons per cookie) and bake for 15-17 minutes until the edges are slightly brown. Let cool slightly on baking sheet then remove to a wire rack to cool completely.

Nutritional Information per cookie:
| Calories: 83 | Carbohydrates: 9g |
| Total Fat: 4g | Cholesterol: 10mg |
| Saturated Fat: 1g | Dietary Fiber: 1.5g |
| Protein: 2g | Sodium: 70mg |