

**Boston Medical Center  
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263  
Food Demonstration Kitchen: (617) 414-3840 or [www.bmc.org](http://www.bmc.org)



**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