






Smart Cranberry Cookie



| Ingredients | For 21 Servings | | Directions |
|---|-----------------|---|--|
| | Weight | Measure | |
| Oats, Quick  Flour, Whole Wheat Flour, all-purpose Baking Powder Baking Soda Brown Sugar White Sugar Butter flavor Crisco shortening trans-fat free Applesauce, unsweetened  Vanilla Extract Egg whites Cranberry, dried  White Chocolate Chips Pan Cooking Spray | | 2 1/2 cups 1 cup 1/2 cup 1 tsp 1 tsp 3/4 cup 3/4 cup 1/2 cup 1/4 cup 2 tsp 4 each 1/4 cup 1/4 cup | <ol style="list-style-type: none"> 1. Preheat oven to 350°F. 2. Spray sheet pan with cooking spray. 3. Combine oats, flours, baking powder, baking soda and set aside. 4. Cream brown sugar, white sugar and shortening together until smooth consistency. 5. Beat in applesauce, egg whites and vanilla extract until combined. 6. Add dry mixture of oats and flours to wet mixture. Mix on medium speed for 30 seconds or until moistened. 7. Add Craisins and White chocolate chips. Mix on low speed for 15 seconds. 8. Use a #20 scoop to portion cookie dough on pans. 9. Bake at 350°F for 10 to 12 minutes until light brown in color around edges. 10. Let cool for 10 minutes, remove from pan. |



Serving Size: 1 cookie (1.7 oz.) Yield: 21 each

1 oz. eq. Grain

Nutrition Analysis: Serving Size: 1 cookie

Calories: 183 Kcal

Calories from Fat: 30.67%

Total Fat: 6.22 g

Saturated Fat: 1.99 g

Trans Fat: 0.00 g

Cholesterol: 0.56 mg

Sodium: 112 mg

Total Carbohydrate: 27.8 g

Dietary Fiber: 1.73 g

Sugars: 14.08 g

Protein: 3.46 g

Vitamin A: 40.4 IU

Vitamin C: 0.05 mg

Calcium: 19.8 mg

Iron: 0.83 mg