



Dark Chocolate Cranberry Oatmeal Cookies

INGREDIENTS

- 1 ¼ CUP Butter (soft, transfat free)
- 1 CUP Honey
- ½ TSP Stevia (a natural sugar substitute)
- 1 CUP Whole Wheat Pastry Flour
- 1 CUP White Flour
- 1 CUP Quick Oats
- 1 CUP Applesauce
- 2 TSP Vanilla Extract
- 2 Large Eggs
- 1 ½ CUP Dried Cranberries
(soaked in hot water)
- 1 ½ CUP Dark Chocolate Chips
- 1 TBSP Cinnamon
- 1 TBSP Ground Flax Seed
- 1 TSP Wheat Germ
- 1 TBSP Kelp

Preheat oven to 300° F.

In mixing bowl, combine flours and oats; mix well and set aside.

With electric mixer, blend butter, applesauce and sweeteners; scrape sides of bowl; add vanilla and eggs. Mix at medium speed until light and fluffy.

Add cinnamon, wheat germ, flax seed, kelp, flour mixture, dark chocolate and dried cranberries. Blend these all together - DO NOT OVERMIX.

Use a well rounded tablespoon to place cookies on parchment paper about 1½" apart.

Bake 14-18 minutes until light brown. Cool on rack.

Makes 30 cookies.

Preparation time: 20 minutes.

A recipe from the kitchen of  **SENIOR LIVING RESIDENCES**
The Right Values

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