

OATMEAL CRANBERRY DELIGHT COOKIES

Oatmeal Cranberry Delight Cookies

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 20 (Serving = 1 cookie)

Nutrition (per serving)

Calories: 105	Total Carbohydrate: 20
Total Fat: 2.5 g	Dietary Fiber: 1.5 g
Saturated Fat: 0 g	Protein: 2 g
Sodium: 69 mg	

Ingredients

- ½ cup dried cranberries
- 1 banana, mashed
- 2 egg whites
- ½ cup honey
- ½ cup orange juice
- 1 ½ cup rolled oats (use certified gluten free oats for GF version)
- 1 cup flour (use gluten free flour blend for GF version)
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- ½ cup pecans chopped
- ¼ teaspoon orange zest
- Cooking Spray

Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Cover cranberries in hot water until ready for use.
3. In a small bowl, combine mashed banana, egg whites, honey and juice until well blended.
4. In a large bowl, combine oats, flour, baking soda and cinnamon.
5. Add egg mixture, pecans, orange zest and well-drained cranberries to flour mixture. Stir until combined.
6. Cover with plastic wrap and let set for ½ hour.
7. Spray cookie sheet with cooking spray. Spoon evenly onto cookie sheet.
8. Bake 10-12 minutes.