



# OATMEAL AND CRANBERRY COOKIES

## SUGGESTION

*These chewy-crisp cookies are a great on-the-go snack!*

## INGREDIENTS

1/2 cup no salt margarine (e.g. Becel™)

1/2 cup granulated sugar

1/4 cup honey

1 egg

1/2 cup unsweetened applesauce

1 tablespoon orange or lemon zest

1 teaspoon vanilla extract

1 1/2 cups all purpose flour

1 1/4 teaspoons baking soda

1/2 cup oatmeal

1/2 cup unsweetened shredded coconut\*

1/2 cup dried cranberries

1 teaspoon cinnamon

*\*Coconut is a higher potassium fruit and should be enjoyed in moderation*

PREPARATION: 8 MINUTES

COOKING: 10 MINUTES

MAKES 2 DOZEN COOKIES

## Nutrient Analysis

PER SERVING (1/24 = 1 cookie)

### Renal exchange:

1 Starch

Calories **130Kcal**

Protein **1.8g**

Carbohydrates **18g**

Fibre **1g**

Total Fat **6g**

Saturated Fat **2g**

Cholesterol **8mg**

Sodium **74mg**

Potassium **38mg**

Phosphorus **28mg**

## PREPARATION

- 1 Preheat oven to 350° F (conventional)
- 2 Using an electric mixer, cream together, margarine, sugar, honey and egg for 2 minutes. Then add applesauce, zest and extract. Continue mixing for 1 minute. Reserve cream mixture.
- 3 Prepare flour mixture by adding flour, baking soda, oatmeal and coconut to a bowl. Stir until well combined.
- 4 Pour flour mixture on top of the cream mixture and stir by hand until well combined (1 minute). Add cranberries and finish.
- 5 Line a baking sheet with parchment paper. Arrange 2 tablespoons of batter per cookie on the sheet, leaving enough room for the batter to spread.
- 6 Bake for 10 minutes on the middle rack. Remove from heat and wait one minute before transferring to a wire rack to cool completely.