



# Cranberry Chocolate Chip Oatmeal Cookies

**Yield: 13 cookies**

## Ingredients

- 1 cup whole wheat flour
- 1 cup rolled oats
- 1 teaspoon ground cinnamon
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- ¼ teaspoon kosher salt
- ⅓ cup extra virgin olive oil
- ⅓ cup maple syrup
- ⅓ cup unsweetened applesauce
- 1 tablespoon ground flaxseed
- 1 teaspoon vanilla extract
- ¼ cup dried cranberries
- ¼ cup dark chocolate chips

## Instructions

1. Heat oven to 350 degrees and line a large baking sheet with parchment paper.
2. In a small bowl, stir together the flour, oats, cinnamon, baking soda, baking powder and salt.
3. In a separate medium bowl, whisk together oil, maple syrup, applesauce, flaxseed and vanilla.
4. Add the dry ingredients into the wet ingredients. To avoid over mixing, fold in the dry ingredients until just combined.
5. Fold in cranberries and chocolate chips.
6. Scoop 2 tablespoons of dough onto baking sheet to create one cookie. Gently press down to slightly flatten.
7. Bake for 7 minutes.
8. Let the cookies cool for 5 minutes.

## Nutrition Information

**Serving Size:** 1 Cookie  
Calories: 175  
Total Fat: 8.4 g  
Saturated Fat: 1.9 g  
Monounsaturated Fat: 4.0 g  
Polyunsaturated Fat: 0.8 g  
Protein: 2.8 g  
Carbohydrate: 24 g  
Sugars: 9.8 g  
Sodium: 87 mg

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