

PREPARATION: 8 MINUTES

BAKING: 10 MINUTES

MAKES 2 DOZEN COOKIES

OATMEAL AND CRANBERRY COOKIES



Nutrient Analysis

PER SERVING: 1 Cookie

RENAL EXCHANGE: 1 Starch + 1 Fat

Calories	131 Kcal	Sodium	70 mg
Protein	2 g	Potassium	45 mg
Total Carbohydrate	19 g	Phosphorus	34 mg
Fiber	1 g	Calcium	7 mg
Sugars	9 g	Iron	0 mg
Fat	6 g	Magnesium	11 mg
Saturated	2 g	Vitamin C	0 mg
Cholesterol	8 mg		

Diet Types

CKD Non-Dialysis Dialysis/Diabetes

Dialysis Transplant

OATMEAL AND CRANBERRY COOKIES

INGREDIENTS

½ cup no salt margarine

½ cup granulated sugar

¼ cup honey

1 egg

½ cup unsweetened applesauce

1 tablespoon orange or lemon zest

1 teaspoon vanilla extract

1½ cups all purpose flour

1¼ teaspoons baking soda



½ cup oatmeal

1 teaspoon cinnamon

½ cup unsweetened shredded coconut (optional)*

½ cup dried cranberries

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. Set aside cream mixture.
- 3** Prepare flour mixture by adding flour, baking soda, oatmeal, cinnamon 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.

NOTE

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

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

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