

# RECIPE

## Cranberry Oatmeal Cookies

Start to Finish: 15 minutes Servings: 24

### Ingredients:

- Cooking spray
- ½ cup Splenda brown sugar
- ½ cup canola oil
- 1 egg
- 1 teaspoon vanilla
- 2 medium ripe bananas, mashed
- 1 cup whole wheat flour
- 2 cups old fashioned, rolled oats
- ¼ cup milled flax seed
- 1½ teaspoons cinnamon
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ cup dried cranberries

### Directions:

1. Preheat oven to 350 F. Spray a large baking sheet with cooking spray or line with parchment paper.
2. In a medium bowl, mix together brown sugar and oil. Add egg and vanilla and beat until smooth. Add bananas and beat well.
3. In a large bowl, combine flour, oats, flax seed, cinnamon, baking soda and salt. Make a well in the center of dry ingredients and pour in egg mixture. Fold wet ingredients into dry ingredients until batter is incorporated. Stir in cranberries.
4. Scoop cookies into heaping 2-inch balls and place on the prepared baking sheet.
5. Bake 8-10 minutes or until slightly golden on bottom.



### Nutrition Information Per Serving:

125 Calories; 6 g Total Fat; 0.5 g Saturated Fat; 10 mg Cholesterol; 80 mg Sodium; 17 g Carbohydrates; 2 g Protein; 2 g Fiber