

# Cranberry-Oat Delights



Where service *and savings* matter.



**SERVINGS:** 4 dozen cookies

## INGREDIENTS:

- ½ cup (1 stick) Land 'O Lakes light butter
- 1 ½ cups (12 oz) brown sugar
- 2 tsp cinnamon
- ¼ tsp ginger
- ¼ tsp nutmeg
- ½ tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 1 Tbsp vanilla
- 1 large egg
- ¼ cup (2 ¼ fl oz) applesauce
- 1 1/3 cups (4 5/8 oz) old-fashioned rolled oats
- ¼ cup (1 ¼ oz) all-purpose flour
- 1 ¼ cups (7 oz) whole wheat flour
- 2 cups dried fruit: cranberries, diced apples, chopped dates, raisins, chopped apricots, or the dried fruits of your choice
- 1 cup (3 ¾ oz) diced pecans or walnuts

## NUTRITIONALS

Nutritional analysis per serving:  
calories 90, calories from fat 30,  
total fat 3g, saturated fat 1g,  
cholesterol 5g, sodium 65mg,  
total carbohydrate 16g, dietary  
fiber 1g, sugars 10g, protein 1g,  
vitamin A 2%, vitamin C 0%,  
calcium 2%, iron 4%

## DIRECTIONS:

1. Cream together the butter, sugar, spices, leaveners, salt, and vanilla. Beat in the egg. Add the applesauce, oats, flour, fruit, and nuts, and stir to combine.
2. Drop the dough by heaping tablespoonfuls onto a lightly greased or parchment-lined baking sheet. Bake the cookies in a preheated 350°F oven for 7 to 8 minutes; reverse the pans on the racks, and bake for an additional 7 to 8 minutes, until cookies are beginning to brown around the edges, but are still soft in the center. Remove from the oven, and cool on a rack.

Source: King Arthur Flour

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## ★ Cranberry-Oat Delights ★

# Shopping List

### DAIRY:

- Land 'O Lakes light butter
- Egg

### WHOLE GRAINS/ BREADS/PASTA:

- Old-fashioned rolled oats

### SPICES/SEASONINGS:

- Cinnamon
- Ginger
- Nutmeg
- Vanilla
- Salt

### GROCERY/FROZEN/ MISCELLANEOUS:

- Brown sugar
- Applesauce
- Baking powder
- Baking soda
- All-purpose flour
- Whole wheat flour
- 2 cups dried fruit: cranberries, diced apples, chopped dates, raisins, chopped apricots, or the dried fruits of your choice
- 3 ¾ oz diced pecans or walnuts

FOLD