

# Cranberry Orange Oatmeal Cookies



4 tablespoons unsalted butter, melted  
1 cup packed light-brown sugar  
½ cup granulated sugar  
1 large egg  
½ cup chunky-style applesauce  
1 teaspoon vanilla  
Zest of one orange  
1 1/2 cups old-fashioned rolled oats  
1 1/2 cups all-purpose flour  
½ teaspoon baking soda  
½ teaspoon baking powder  
½ teaspoon cinnamon  
¼ teaspoon salt  
1 cup dried cranberries  
½ cup orange juice

## Directions:

1. Preheat oven to 350 degrees. Put the dried cranberries in a small bowl. Pour orange juice over the berries and soak for ten minutes.
2. Put butter and sugars in the bowl of an electric mixer fitted with the paddle attachment. Mix on low speed until combined. Add egg, applesauce, vanilla, and orange zest, mix until well blended, 2 to 3 minutes. Mix in oats, flour, baking soda, baking powder, cinnamon, and salt. Drain the orange juice from the cranberries and mix them into the dough.
3. Drop spoonfuls of dough onto baking sheets lined with parchment paper or Silpats, spacing 2 inches apart. Bake cookies until golden and just set, about 13 minutes. Let cool on sheets for 5 minutes. Transfer cookies to a wire rack and let cool them completely.

## Nutrition Facts

Serving Size: One Cookie

Calories	110
Total Fat	2g
Saturated Fat	1g
Cholesterol	10mg
Sodium	50mg
Carbohydrates	22g
Dietary Fiber	1g
Sugars	13g
Protein	2g

## Diabetic Exchanges

Protein	.5
Fat	.5
Carbohydrates	1.5