

## Cranberry-Chocolate Oatmeal Cookies (Splenda)

INGREDIENTS	AMOUNT
2 CUPS	Quick cooking oats
1/2 C.	Whole wheat flour
2 squares(1 oz. each)	Semisweet chocolate, grated
3/4 tsp.	Baking Soda
1/2 tsp.	Ground Cinnamon
1/4 tsp.	Salt
1/4 tsp.	Ground Nutmeg
2	Eggs
1	Egg White
1/2 C.	Splenda Sugar Blend for Baking
1/2 C.	Unsweetened Applesauce
1/4 C.	Canola Oil
2 tsp.	Vanilla Extract
3/4 C.	Dried Cranberries



1. In a large bowl, combine first seven ingredients (oats through nutmeg). Whisk the eggs, egg white, splenda, applesauce, oil and vanilla until blended; stir into dry ingredients just until moistened. Stir in cranberries.
2. Drop cookies onto cookie sheet. Bake at 350 degrees for 8- 10 minutes or until set. Cool on wire rack. Makes 16 cookies.

Nutritional analysis: 135 calories, 6 gm fat, 18 gm carbohydrate, 27 mg cholesterol, 108 mg sodium,  
Diabetes Exchanges: 1 starch (15 gm carb), 1 fat (5 gm).