

Cranberry-Nut Chocolate Chip Cookies

A great make-ahead treat, once the dough is in the fridge, the next day you can just bake and eat! Packed with great taste, no one needs to know they're hiding whole wheat, fiber-rich oats, and omega-rich walnuts goodness in each bite. They make a healthy addition to any Holiday Cookie Tray!

Ingredients:

- 3/4 cup all-purpose flour (about 3 1/3 ounces)
- 3/4 cup whole wheat flour (about 3 1/2 ounces)
- 3/4 cup regular oats
- 1/2 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 cup dried cranberries
- 2 1/2 tablespoons finely chopped walnuts
- 2 1/2 tablespoons semisweet chocolate minichips
- 3/4 cup packed brown sugar
- 5 tablespoons butter, softened
- 2 tablespoons honey
- 3/4 teaspoon vanilla extract
- 1 large egg
- 1 large egg white

Cooking spray

Directions:

1. Lightly spoon flours into dry measuring cups; level with a knife.
2. Combine flours, oats, baking powder, and the next 5 ingredients (through chips) in a large bowl.
3. Combine sugar and butter in a large bowl; beat with a mixer at medium speed until light and fluffy.
4. Add honey, vanilla, egg, and egg white; beat well.
5. Add flour mixture to sugar mixture; beat at low speed until well blended.
- 6. Cover and refrigerate 8 hours or overnight.**
7. Preheat oven to 350°.
8. Drop batter by tablespoonfuls onto a baking sheet coated with cooking spray.
9. Bake at 350° for 10 minutes.
10. Cool 2 minutes on pans. Remove from pans, and cool completely on wire racks.

Nutritional Information

Calories:	75	Carbohydrates:	12.1g
Total Fat:	2.6g	Fiber:	0.8g
Saturated fat:	1.3g	Cholesterol:	10 mg
Monounsaturated fat:	0.7g	Iron:	0.5mg
Polyunsaturated fat:	0.4g	Sodium:	49mg
Protein:	1.4g	Calcium:	12mg

Yields: 36 cookies/1 cookie per serving

Source: health.com