

Oatmeal-Apricot Cookies

Serves: 16

Ingredients

¼ cup canola oil	½ cup all-purpose flour
¼ cup applesauce	½ cup whole wheat flour
2/3 cup packed light brown sugar	1 cup old fashioned or quick-cooking oats.
1 egg	1 Tbsp cinnamon
2 tsp vanilla	1 tsp baking powder
½ cup dried apricots, cut into bite-sized pieces	½ tsp salt

Directions:

1. Preheat oven to 375 degrees. Set aside two ungreased cookie sheets.
2. In a small bowl, whisk together the oil, applesauce, sugar, egg and vanilla. Stir in the apricots and set aside.
3. In a medium bowl, combine the all-purpose flour, whole-wheat flour, oats, cinnamon, baking powder and salt.
4. Combine the wet and dry ingredients and stir until combined.
5. Drop the batter by the spoonful onto the cookie sheets. Press each cookie down slightly with the back of the spoon.
6. Bake for 15 minutes, remove and cool immediately on a wire rack.

Makes 16 servings, 2 cookies per serving.

Per serving: Calories 130, total fat 4g (saturated fat 0g), sodium 80mg, carbohydrates 21g, fiber 1g, protein 2g.