

Spiced Oatmeal Cranberry Cookies



Makes:

27 cookies, 1 cookie per serving

Utensil:

11" Square Griddle
large mixing bowl

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Recipe:

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$\frac{3}{4}$ cup
low-fat margarine (or vegan margarine)

(168
g)

$\frac{1}{3}$ cup
sugar

(67
g)

$\frac{3}{4}$ cup
brown sugar

(165
g)

1 teaspoon
vanilla

(5
mL)

$\frac{1}{2}$ cup
soy milk

(120
mL)

$1\frac{1}{4}$ cups
flour

(156
g)

$\frac{1}{2}$ teaspoon
baking powder

(2.5
mL)

$\frac{1}{4}$ teaspoon
ginger powder

(1.25
mL)

$\frac{1}{4}$ teaspoon
cloves

(1.25
mL)

$\frac{1}{2}$ teaspoon
cinnamon

(2.5
mL)

$\frac{1}{4}$ teaspoon

nutmeg
(1.25
mL)
pinch of salt
3 cups
quick cooking or rolled oats
(468
g)
1 cup
sweetened dried cranberries
(121
g)

Directions:

1. Preheat oven to 350°F/177°C.
2. In a large bowl, cream together margarine and sugars until smooth. Add vanilla and soy milk. Mix well.
3. Add flour, baking powder and spices. Mix well. Stir in oats and cranberries.
4. Spoon 1½-inch balls onto ungreased griddle, 9 at a time. Detach handle and bake 18 - 20 minutes at 350°F/177°C or until done.

Nutritional Information per

▼ Serving

Calories: 133
Total Fat: 6g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 87mg
Total 19g
Carbs:
Dietary Fiber: 1g
Sugar: 9g
Protein: 2g