Cranberry Cookies

When something sweet is in order, this bar cookie is easy and delicious! It also uses a good supply of healthy ingredients: walnuts, cranberries, and whole wheat flour. I'm not sure the origin of this recipe, as I wrote it down after enjoying them at a friend's house. Note: when cranberries are in season, pick up several bags and freeze them for later use. They keep well for several months in the freezer.

Let us know if you try out this recipe and let us know what you think!

Recipe submitted by: Nancy Rogers, MS, RDN
Recipe from: Origin Unknown

Cranberry Cookies
Serves: 36
Cook time: 40 minutes
Ready in 60 minutes

Ingredients
- ½ cup butter, softened
- ¾ cup sugar
- 2 eggs, beaten
- ¼ cup unbleached white flour
- ¾ cup whole wheat flour
- ½ teaspoon salt
- ½ teaspoon baking powder
- 1 cup chopped walnuts
- 1 ½ cup whole cranberries (okay if frozen)

Directions
1. Cream together butter and sugar until well mixed.
2. Add the eggs, then the salt, baking powder, and flours.
3. Fold in the nuts and cranberries.
4. Pour into a greased 9X13 inch baking pan.
5. Bake at 350◦ for 40 minutes, or until a toothpick comes out clean when inserted in the middle of the pan.

Nutrition Facts
Serving Size (22g) Servings Per Container
Amount Per Serving
Calories 80 Calories from Fat 40
% Daily Value*
Total Fat 4.5g 7%
Saturated Fat 1.5g 8%
Trans Fat 0g
Cholesterol 5mg 2%
Sodium 60mg 3%
Total Carbohydrate 9g 3%
Dietary Fiber 1g 4%
Sugars 4g
Protein 2g

Vitamin A 2% • Vitamin C 2%
Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500
Total Fat Less than 65g 80g
Saturated Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g

Calories per gram:
Fat 9  •  Carbohydrate 4  •  Protein 4