



# Kitchen Sink Cookies

Shine 365  
Marshfield Clinic

**PREP TIME:** 40 minutes • **COOK TIME:** 13 minutes • **SERVINGS:** 18 – 20 cookies

## INGREDIENTS

- 2 tablespoons unsalted butter, softened
- 2 tablespoons canola oil
- ⅓ cup light brown sugar
- ¼ cup applesauce
- 1 egg white
- 1 teaspoon vanilla
- ⅔ cup whole-wheat pastry flour
- ½ cup oatmeal
- ¼ teaspoon salt
- ¼ teaspoon ground cinnamon
- ¼ cup chopped dried cranberries
- ¼ cup chopped dried apricots
- ¼ cup lightly toasted walnuts
- 2 ounces dark chocolate, cut into chunks

## INSTRUCTIONS

Preheat oven to 375 degrees F.

Combine butter, oil and brown sugar, and mix on high speed, stopping occasionally to scrape down bowl, until mixture is light and fluffy, about two minutes. Add applesauce, egg white and vanilla and mix to combine. Add flour, oatmeal, salt and cinnamon and mix just until just combined. Add cranberries, apricots, walnuts and chocolate and mix to combine.

Spray one baking sheet with cooking spray. Using one tablespoon cookie dough at a time, roll into balls and place two inches apart on baking sheet. Press cookies down to flatten slightly, as cookies will not spread as much as cookies with more butter. Bake for 12 to 14 minutes, or until lightly browned but still soft. Remove from oven and cool on racks.

## NUTRITION INFORMATION

Each serving (about 2 cookies) contains about 200 calories, 10 g fat, 3.5 g saturated fat, 7 mg cholesterol, 74 mg sodium, 25 g carbohydrates, 2.5 g dietary fiber and 3 g protein.