Cranberry Orange Nut Cookies

Yield: 30 cookies
Total Time: 1 hour & 30 minutes

Ingredients
1½ cups whole-wheat pastry flour plus extra for handling dough
1 teaspoon baking powder
1 teaspoon baking soda
½ teaspoon salt
1 cup chopped walnuts
½ cup chopped dried cranberries
1 cup sugar
½ cup smooth, unsweetened applesauce
¼ cup canola oil
1 tablespoon freshly grated orange zest
3 tablespoons orange juice

Preparation Instructions
1. Whisk flour, baking powder, baking soda and salt in a large bowl. Stir in walnuts and dried cranberries.
2. Whisk sugar, applesauce, oil, orange zest and juice in a medium bowl until smooth. Make a well in the dry ingredients and pour in the wet ingredients. Mix until well blended. Cover with plastic wrap and chill for 30 minutes.
3. Preheat oven to 350°F. Line a baking sheet with parchment paper or a nonstick baking mat.
5. Bake the cookies until lightly golden brown, 12 to 15 minutes. Cool on the pan for 1 minute, then transfer to a wire rack to cool completely.

Nutrition Analysis
Per cookie: 90 calories; 4.5g fat (0.5g saturated, 0g trans); 0mg cholesterol; 100mg sodium; 13g carbohydrate (1g dietary fiber; 9g sugar); 1g protein. Vitamin A 0%, Vitamin C 2%, Calcium 2%, Iron 2% Daily Value.

Modified from: www.eatingwell.com