



Recipe #4: Oatmeal Trail Mix Cookies

- 1/3 cup olive oil
- 1/4 cup unsweetened applesauce
- 1/2 cup sugar substitute
- 1/4 cup brown sugar
- 1 whole egg
- 1 tsp. vanilla
- 1/2 cup whole wheat flour
- 1/4 cup quinoa flour
- 1/2 cup vanilla protein powder
- 1/2 tsp. baking soda
- 1/4 tsp. salt
- 1 cup rolled oats (not quick oats)
- 1/8 cup raisins
- 1/8 cup dried cranberries
- 1/8 cup almonds
- 1/8 cup pecans
- 1/8 cup dried apricots

Begin by preheating the oven to 350 degrees. With an electric mixer, beat oil, applesauce, brown sugar and sweetener until well blended. Add in egg and vanilla, mixing well. Set aside.

Combine the flour, quinoa flour, protein powder, baking soda and salt until well mixed. Add this to the wet mixture and stir until a batter forms. Stir in oats, raisins, cranberries, almonds, pecans and apricots. Drop by spoonful onto a baking sheet.

Bake for 10-12 minutes or until they turn golden brown. Remove and allow to cool for 10-15 minutes before serving.