A Healthy Baker's Dozen

by the Doctor's Dietitian

Gluten-free cookies

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with JEFFREY M. BATCHELOR

A Healthy Baker's Dozen by the Doctor's Dietitian

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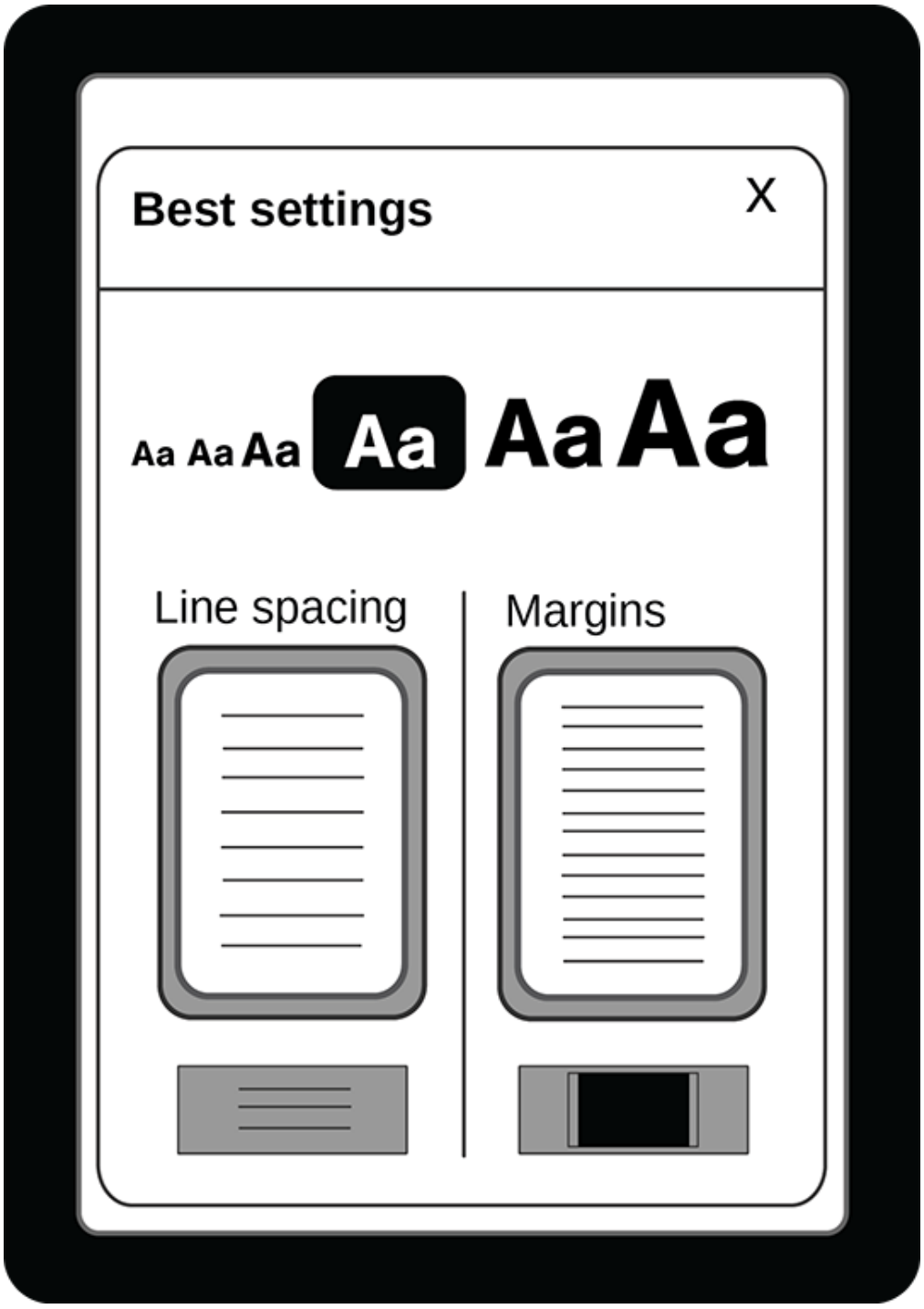


This book is best viewed with font size three, small margins and medium line spacing. Enjoy!

Cranberry Oatmeal Nut Cookies

Makes:	Prep Time:	Cook Time:
40 cookies	30 minutes	15-20 minutes

Ingredients:

- ½ cup almond flour
- ⅓ cup coconut flour
- ½ teaspoon baking powder
- ¼ teaspoon nutmeg
- ¼ teaspoon sea salt
- ¾ cup extra-virgin coconut oil
- ¾ cup light brown sugar, packed
- 3 eggs, large
- 2½ cups gluten-free oats
- 1 cup dry-roasted unsalted almonds, chopped
- ½ cup dried cranberries, chopped

Instructions:

Preheat oven to 350˚ F.

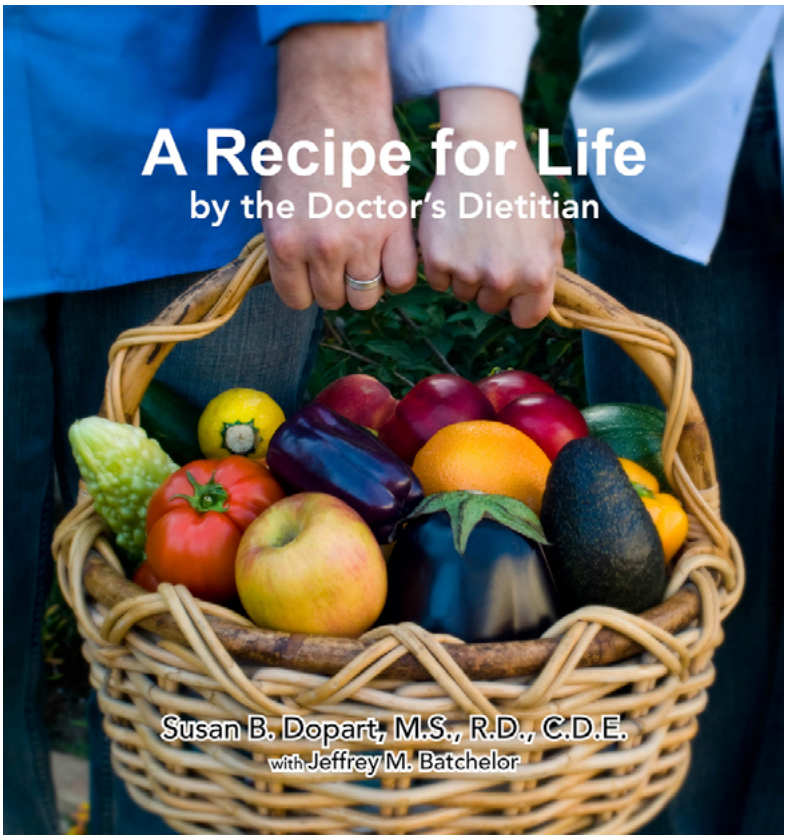
Mix together flours, baking powder, nutmeg and sea salt and set aside.

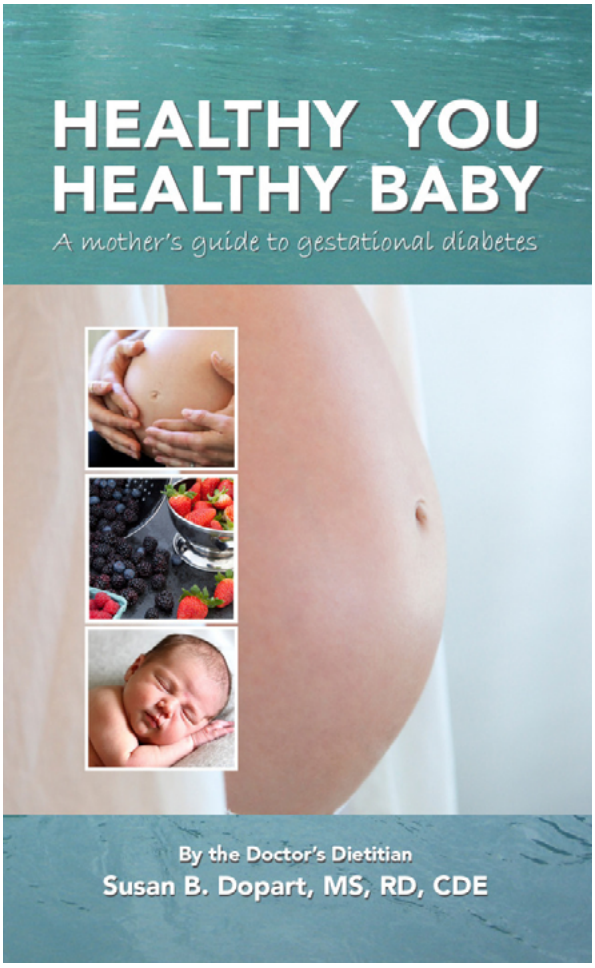
Melt coconut oil to a soft consistency and cream together with sugars until well blended. Add eggs one at a time and mix until smooth. Fold in dry mixture, oats, almonds, and cranberries until batter is mixed.

Using a cookie scoop, shape dough into balls approximately 1½ tablespoons in size and place on a lined baking sheet. Bake until light brown, about 15-18 minutes. Remove from oven and let sit 1-2 minutes before transferring to a baking rack to cool.

Store up to five days in an airtight container or in a refrigerator for up to one week.

Check out Susan's other publications:





Health & Cooking

A Healthy Baker's Dozen by the Doctor's Dietitian

Take it from the testers! Discriminating bakers, healthcare professionals and cookie connoisseurs agree – Susan Dopart's recipes taste terrific while ticking all the right boxes for good health.

"Susan's recipes are some of my favorites, even when compared to those in celebrity chef cookbooks. It's incredible to me that they taste delicious, are gluten-free and made with good health in mind!"

- **Courtlan Budman**, nurse practitioner

"I am thrilled to find good-for-you cookies that actually taste like regular cookies. They are worthy of baking multiple batches!"

- **Sumner Brooks**, MPH, RD, CSSD

"I wouldn't have believed how delicious these cookies are if I hadn't tested them in my own kitchen!"

- **Greg Biehn**, Marketing Account Manager, Mayo Clinic

"These recipes make really delicious cookies that I can feel good about both eating and feeding to my family."

- **Chloe Bird**, sociologist and women's health researcher

"The recipes in this book really tested my willpower. It's good I have some, because I loved them all!"

- **Eileen Dardick**, cooking teacher and baker

Doctor's Dietitian