

CRANBERRY ORANGE, OLIVE OIL, PUMPKIN SEED COOKIE FIT

Serving size: 1 each

Makes 24 servings

- ¾ cup Sugar
- ½ cup Extra Virgin Olive Oil
- 2 ea Eggs
- 2 TBSP Orange Juice
- 2 tsp Orange Zest
- 1/3 cup Dried Cranberries
- 1/3 cup Pumpkin Seeds
- 2 cups All Purpose Flour
- ¼ tsp Baking Powder
- 1/8 tsp Kosher Salt

Preparation:

1. Preheat oven to 325°. Line a baking sheet with parchment paper and set aside.
2. Combine sugar and olive oil in a mixing bowl and mix until well combined. Add eggs one at a time until incorporated. Stir in orange juice and zest.
3. Chop dried cranberries and pumpkin seeds and add to a separate mixing bowl. Add flour, baking powder and salt and stir together.
4. Add dry ingredients to wet ingredients and mix until combined.
5. Roll dough into 2 TBSP balls and line onto baking sheet. Bake in the oven for approximately 12-14 minutes.

Registered Dietitian Approved!



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NUTRITION FACTS PER SERVING

calories	130
total fat (g)	7
saturated fat (g)	1
trans fat (g)	0
sodium (mg)	20
total carbohydrate (g)	17
dietary fiber (g)	<1
sugar (g)	8
protein (g)	2