

BREAKFAST COOKIES (nut-free)

½ cup	Canola oil	125 ml
½ cup	Apple sauce	125 ml
1 ½ cups	Brown sugar or sucanat	375 ml
2	Eggs	2
1 tsp	Vanilla	5 ml
1 cup	All purpose flour	250 ml
1 cup	Whole wheat flour	250 ml
½ tsp	Salt	2.5 ml
1 tsp	Baking soda	5 ml
2 tsp	Cinnamon	10 ml
1 tsp	Ground nutmeg	5 ml
½ cup	Rolled oats	125 ml
¼ cup	Ground flax seeds	60 ml
1 ½ cups	Raisins	375 ml
¾ cup	Dried cranberries	185 ml
1 cup	Semi-sweet chocolate chips	250 ml

Heat oven to 350 degrees.

Line two baking sheets with parchment paper.

Whisk together the canola oil, apple sauce, brown sugar, eggs and vanilla. Add the raisins, cranberries, and chocolate chips.

In a separate bowl, mix together the flour (both), salt, baking soda, cinnamon, nutmeg, oats, and flax.

Add the dry ingredients to the wet ingredients, and stir just to combine.

Scoop batter with a small ice cream scoop onto the parchment lined baking sheets, 18 to 20 yield.

Bake for 15 – 20 minutes.

Cool for 5 minutes, then transfer to wire baking racks. Enjoy!

These cookies are great fresh from the oven, but they also freeze well.

Try freezing scoops of batter to bake fresh when needed.

