

SUSTAINABLE HEALING FOODS: CRANBERRY OATMEAL COOKIES

My partner loves these Cranberry Oatmeal Cookies from Sprouts Grocery and though I admit they are tasty, they also contain gluten, eggs, table salt and processed sugars. I decided I was just going to have to find a way to make these cookies healthy without sacrificing any of the flavor, texture or experience. Challenge accepted.



We're using lots of heart healthy **superfoods** packed full of antioxidants plus these Cookies are anti-inflammatory and antibacterial while boosting your immunological library and EVERY function in your body. Of course, the best part is these Cookies are soft, chewy and sweet with just the right balance of walnuts. After my partner declared them better than Sprouts Grocery I knew we had our recipe. These cookies have all sorts of health benefits from preventing and curing plaque and periodontal gum disease

to inhibiting tumor growth to preventing cardiovascular conditions and even cleaning existing arterial plaque. If you are looking for a mood booster to lower cortisol and other stress hormones while boosting anandamide, melatonin, dopamine and a 6:1 ratio of omega-3 to omega-6 look no further than these cookies. I prescribe 3 to 6 depending on how you're feeling. **Doctor's orders.** Strengthen your bones, nails and hair, prevent joint pain, arthritis and osteoporosis while

enjoying these Cranberry Oatmeal Cookies. Boost your neural health, boost your cognitive function, boost your memory retention, boost your concentration, improve your mental clarity and increase your focus. **Our Cranberry Oatmeal Cookies make you smarter, stronger, quicker, thinner and healthier.** Yes, Cookies can do all that and more which are only some of the reasons why all of these ingredients are staples in my kitchen.

Let's prepare some food...

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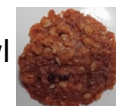
INGREDIENTS

- 1 cup Organic Whole Gluten-Free Oats
- 1 cup Gluten-Free All-Purpose Flour
- ½ cup Cranberries dried
- ½ cup Walnut pieces
- ½ cup **Wholesome Sucanat**
- ½ cup Coconut Sugar
- 2/3 cup European Style Plant-Butter*
- 2 tbsp Aquafaba liquid
- 1 tsp Vanilla
- ½ tsp Baking Soda
- 1 tbsp Apple Cider Vinegar
- pinch Himalayan Pink Salt



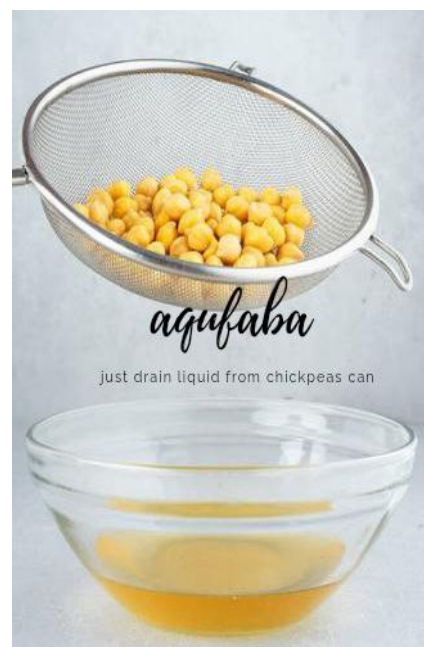
UTENSILS

- Large Mixing Bowl
- Cookie Sheet
- Cooling Racks
- Spatula
- Cup
- ½ Cup
- Teaspoon
- Tablespoon
- Large Mixing Fork



PREPARATION (Cranberry Oatmeal Cookies)

- 0) Have European Style Plant-Butter* prepared before you begin
- 1) Add Plant-Butter,* Wholesome Sucanat, Coconut Sugar & Vanilla to Large Mixing Bowl
- 2) Cream Plant-Butter* with Large Mixing Fork
- 3) Add Gluten-Free Whole Oats & Gluten-Free Flour to Large Mixing Bowl
- 4) Mix thoroughly
- 5) Add Apple Cider Vinegar & Baking Soda to Large Mixing Bowl
- 6) Mix thoroughly
- 7) Add Aquafaba & Salt
- 8) Mix thoroughly
- 9) Fold in dried Cranberries and Walnut pieces
- 10) Put in the Freezer for 10 minutes
- 11) Remove from Freezer
- 12) Spray Cookie Sheets with Olive Oil
- 13) Portion small scoops evenly spaced on Greased Cookie Sheet with Ice Cream Scoop
- 14) Bake for 10-12 minutes at 400 F
- 15) Remove from the oven and let sit on Cookie Sheet for 5 minutes
- 16) Use Spatula to transfer warm cookies to Cooling Rack to continue cooling
- 17) Eat and Enjoy because every bite nourishes your body



May your life be full of great joy with the health and abundance to enjoy it.

Dr. Ava Perry