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## Cranberry Orange Oatmeal Cookies

2 cups	combination of spelt, kamut, brown rice, &/or oat flour
1 tsp	baking powder
¼ tsp	baking soda
½ tsp	salt
2 cups	quick cooking oats
1 cup	softened butter
½ tsp	stevia
¼ cup	maple syrup
¼ cup	sucanat (or another ¼ cup maple syrup)
2	eggs
1 tsp	pure vanilla
1 cup	raisins
1 cup	cranberries, coarsely chopped (freeze berries first for easy chopping)
1 tbsp	grated orange zest

Preheat oven to 375°F. In a bowl, mix together flour, baking powder, baking soda, salt, and oats. In another bowl, beat butter, stevia, maple syrup, and sucanat until smooth and creamy. Beat in eggs, one at a time, until well incorporated. Mix in vanilla. Add flour mixture and mix well. Fold in raisins, cranberries, and orange zest. Drop by rounded teaspoonfuls about 2 inches apart onto greased cookie sheets; press with fork. Bake in preheated oven for 10-12 minutes or until edges are lightly browned. Immediately transfer to wire racks to cool. Makes 5 dozen.

Adapted from Katherine E. Younker, *Complete Canadian Diabetes Cookbook*.

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### Nutritional Value of Select Ingredients

**Oats** - Oats are a great source of complex carbs, high in protein, and fibre. They help normalize blood sugar levels, and are beneficial for the thyroid. They are high in tryptophan, iron, and phytochemicals.

**Whole grain flours** – The risk of diabetes, heart disease, stroke, and cancer can be reduced by simply changing from refined to whole grains. They are high in chromium, vitamins, minerals, protein, and fibre that are lost in the process of refining.

**Cranberries** – Great for the kidneys, bladder, and skin, these tart berries are full of vitamin C, fibre, calcium, and iron; and phytonutrients like beta-carotene and quercetin. They are useful in the treatment of asthma, cystitis, kidney stones, and bladder stones.

**Stevia** – Stevia is a plant from South America that is 200-300 times sweeter than sugar, with virtually no calories or glucose. It has a regulating effect on the pancreas and may help stabilize blood sugar levels in the body, making it great for those with diabetes, hypoglycemia, and candidiasis.