

Health One Cookies

Basic Recipe (Makes 3 nice sized cookies – baked fresh in the morning to pack for lunch or snack)

- 1 MR
- 1 Tbsp. Betty Crocker Cookie Mix
- 2 Tbsp. water

Mix together and drop by spoonful on cookie sheet lined with non-stick foil. Bake at 350 degrees about 10-12 minutes, depending on your oven.

Modifications

Oatmeal Raisin Cookies

Use Vanilla MR, Oatmeal Cookie Mix, 1 Tbsp. raisins, cinnamon, cloves to taste

Chocolate Chip Cookies

Use Chocolate MR, Chocolate Chip Cookie Mix, 1 Tsp. cocoa powder (optional)
OR Use Vanilla MR, Chocolate Chip Cookie Mix

Chocolate Peanut Butter Cookies

Use Chocolate MR, Peanut Butter Cookie Mix, 1/8 tsp peanut butter flavoring
(the strong stuff from Southern Boy)

Molasses Cookies

Use Vanilla MR, Molasses Cookie Mix, 1 Tsp molasses, 1 packet Splenda (optional)

Almond Cookies

Use Vanilla MR, Sugar Cookie Mix, 4 tsp almond extract, 1 almond or a sprinkle of
Almond Accents atop each cookie (optional)

Orange-Cranberry Cookies

Use Vanilla MR, Sugar Cookie Mix, 4 tsp orange extract, 2 Tbsp Orange juice
instead of water (also maybe a tiny bit of water as needed)

Meal Replacement Cookie Recipe

Diane K. Smith



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