

## 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

**Sarah Littlefair**



## **Meal Replacement Cookie Recipe:**

Delve into the emotional tapestry woven by Emotional Journey with in Dive into the Emotion of **Meal Replacement Cookie Recipe** . This ebook, available for download in a PDF format ( PDF Size: \*), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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