

Vegan Sugar Cookies

Recipe provided by Betsy Felde, RDN, LDN, Northwestern Medicine Huntley Hospital

Ingredients:

1 cup white whole-wheat flour	3/4 cup sugar
1 cup all-purpose flour	1/3 cup water
1/2 tablespoon baking powder	4 teaspoons grated lemon zest
1/2 teaspoon baking soda	1 teaspoon vanilla extract
1/3 teaspoon salt	
1/2 cup room temperature coconut oil (not liquid)	

Directions:

1. Whisk whole-wheat flour, all-purpose flour, baking powder, baking soda and salt together in a medium bowl.
2. Place coconut oil and sugar in a large bowl. Using an electric mixer, cream the oil and sugar together until light and fluffy.
3. Add water, lemon zest and vanilla to sugar mixture. Beat until well combined.
4. Gradually add the dry ingredients, beating at low speed until well combined.
5. Divide dough into four pieces and wrap in plastic wrap. Refrigerate for 30 minutes.
6. Preheat oven to 325 degrees F. Line two baking sheets with parchment paper. Working with one piece of dough at a time, roll dough between two pieces of parchment until about 1/4-inch thick. Lift off top sheet of parchment. Using 2- to 3-inch cookie cutters, cut out holiday shapes. Using a metal spatula, transfer the cookies to a prepared baking sheet.
7. Bake cookies, one baking sheet at a time, until lightly browned around the edges, 10 to 16 minutes.

Flu Fighter Cookies

Recipe provided by Betsy Felde, RDN, LDN, Northwestern Medicine Huntley Hospital

Ingredients:

2 1/4 cups all-purpose flour	2 large eggs
1 1/4 teaspoons baking powder	1/4 cup molasses
3/4 teaspoon baking soda	1/4 cup low-fat plain Greek yogurt
3/4 teaspoon ground cinnamon	1 tablespoon freshly grated ginger
1/2 teaspoon freshly grated nutmeg	2 teaspoons finely grated lemon zest (about 1 lemon)
Pinch of ground cloves	1/2 cup old-fashioned oats
1/4 teaspoon salt	1 1/4 cups golden raisins
1 stick unsalted butter, room temperature	1 1/4 cups dried cranberries
1 cup packed dark brown sugar	1 1/4 cups roughly chopped walnuts, toasted

Directions:

1. Line two large baking sheets with parchment paper.
2. Whisk the flour, baking powder, baking soda, cinnamon, nutmeg, cloves and salts in a medium bowl.
3. Beat the butter and brown sugar in a large bowl with a mixer on medium speed until light and fluffy, about 3 minutes.
4. Beat the eggs in one at a time, fully incorporating it into the mixture before adding the next.
5. Add the molasses, yogurt, ginger and lemon zest and beat until smooth, scraping the sides of the bowl if needed.
6. Reduce mixer speed to low and beat in the flour mixture to make a sticky batter.
7. Fold in oats and half of the raisins, cranberries and walnuts. Mix the remaining dried fruits and nuts in a small bowl and set aside.
8. Drop tablespoonfuls of batter onto the prepared baking sheets. Top each with the remaining dried fruits and nuts. Chill for 30 minutes.
9. Preheat the oven to 375 degrees F.
10. Bake 10 to 12 minutes, until golden brown.

No Bake Triple Chocolate Protein Cookies

Recipe provided by Betsy Felde, RDN, LDN, Northwestern Medicine Huntley Hospital

Ingredients:

2 cups oat flour	3/4 cup honey
1/2 cup oat bran	1/4 cup milk (add more if too dry)
1/2 cup unsweetened cocoa powder	2 tablespoons chocolate chips
2 scoops chocolate protein powder	2 tablespoons raisins
2 tablespoons brown sugar	
1/2 cup plus 2 tablespoons smooth peanut butter	

Directions:

1. In a large mixing bowl, combine oat flour, oat bran, cocoa, protein powder and sugar.
2. Combine peanut butter and honey in a microwave-safe bowl. Heat in microwave until melted. Mix well.
3. Combine the liquids with the dry ingredients and stir well. The mixture will be crumbly.
4. Slowly add enough milk to form a thick dough.
5. Stir in raisins and chocolate chips.
6. Using your hands, form into balls and press gently down to form a cookie shape. Keep refrigerated.