

# Cranberry Pistachio Cookies

These festive Cranberry Pistachio Cookies go beyond being a treat for the tastebuds, they can help boost your mood too!

Coupled with **CanPrev's Myo-Inositol** powder, these holiday themed cookies help support glucose metabolism, hormone health, and more. They'll leave you feeling good about coming back for seconds!



Preparation time: 20 mins | Servings: 25



## Ingredients

- 1½ cups flour
- ½ cup brown sugar
- ½ cup tahini
- ½ cup dried cranberries
- ½ cup roasted pistachios, chopped
- ¼ cup plant-based milk of choice
- 3 tbsp water
- 1 tbsp ground flax seeds
- 2 tsp vanilla
- 1 tsp baking soda
- Pinch of salt
- 3 scoops Myo-Inositol powder

## Method

1. Preheat oven to 350F.
2. Mix together ground flax seeds with water and set aside for a few minutes to thicken.
3. In a bowl, combine tahini, brown sugar, plant-based milk, vanilla, salt, and flax mixture. Mix well.
4. Fold in the flour, baking soda, and Myo-Inositol to form a thick dough. Knead in cranberries and pistachios last.
5. On a clean surface, roll out the dough with a rolling pin until about ¼ inch thick. Cut out cookies and place them on a parchment-lined baking tray.
6. Bake for about 12 minutes, until golden. Enjoy!

## Featured Products



## Developed by: Lena Tashjian



Lena is a nutritionist, writer, and recipe developer. She is the author of *The Vegan Armenian Kitchen Cookbook*, which focuses on healthy, authentic vegan dishes.

