

# 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 10-13 minutes, depending on your oven.

## Variations

### 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 Suttons Bay)

### Molasses Cookies

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

### Almond Cookies

Use Vanilla MR, Sugar Cookie Mix, ¼ tsp almond extract, 1 almond or a sprinkle of Almond Accents atop each cookie (optional)

### Orange-Cranberry Cookies

Use Vanilla MR, Sugar Cookie Mix, ¼ tsp orange extract, 2 Tbsp Orange juice instead of water (plus maybe a tiny bit of water as needed)

# Meal Replacement Cookie Recipe

**G Orfield**



## **Meal Replacement Cookie Recipe:**

## **Meal Replacement Cookie Recipe** Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the energy of words has become more evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Meal Replacement Cookie Recipe**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall affect readers.

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