

Flu Fighter Cookies

These 5 ingredients won't cure the flu, but they can help:

GINGER: People in China, Japan and India have used ginger medicinally since the 1500s because *ginger has some antiviral compounds and its antihistamine properties help combat congestion.*

CRANBERRIES: We've been told to eat an apple a day, but a cup of cranberries a day provides twice as many *antioxidants, which help your body fight off cell-damaging molecules called free radicals.*

OATS: Old-fashioned oats are rich in *selenium, a nutrient that helps your body fend off those harmful free radicals.*

WALNUTS: Walnuts contain zinc and *zinc helps keep viruses from reproducing in your body.* A recent study found that people who took zinc lozenges every few hours could overcome colds faster.

YOGURT: Active cultures from yogurt help balance the bacteria in your digestive tract, *boosting the body's ability to absorb healthful vitamins and minerals.*

RECIPE:

2½ cups flour	2 large eggs
1¼ teaspoons baking powder	¼ cup molasses
¾ teaspoon baking soda	¼ cup plain Greek yogurt
¾ teaspoon cinnamon	1 tablespoon freshly grated ginger
½ teaspoon nutmeg	2 teaspoons finely grated lemon zest (1 lemon)
Pinch of ground cloves	½ cup old-fashioned oats
¼ teaspoon salt	1¼ cups raisins
1 stick unsalted butter, room temp	1¼ cups dried cranberries (Craisins)
1 cup packed brown sugar	1¼ cups chopped pecans, toasted

(I added a cup dark chocolate chips because experts tell us dark chocolate is also good for us!)

Heat oven to 375°. Line 2 large baking sheets with parchment paper.

In a large bowl, whisk the flour, baking powder, baking soda, cinnamon, nutmeg, cloves and salt.

With a mixer, beat the butter and brown sugar until light and fluffy, about 3 minutes. Beat in the eggs, one at a time, fully incorporating each before adding the next.

Add the molasses, yogurt, ginger and lemon zest and beat until smooth.

Reduce mixer speed and slowly add in the flour mixture to make a sticky batter.
Do NOT overmix.
Fold in the oats, raisins, cranberries, walnuts (and 1 cup chocolate chips).

Drop tablespoonfuls of batter onto prepared baking sheets.

Bake until golden but still soft, 10-12 minutes; cool on a rack.

Store in an airtight container.

Makes: 4 dozen

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