

# Breakfast in a Cookie

Hands-on - 50 min. Oven - 30 min.

60 cookies

This is a brilliant way to get your bowl of oatmeal, milk and fruit all in a convenient, not to mention delicious cookie!  
This recipe makes a lot so you can freeze plenty for weeks of quick breakfasts, desserts and snacks.

## Menu

2 Breakfast Cookies

Glass of Skim or Soy Milk

Position oven racks to accommodate 2 sheets at a time in the center of oven. Preheat oven to 375°. Coat nonstick cookie sheets with cooking spray.

1 cup oat bran (dry, uncooked)  
3/4 cup orange juice

Mix together in a small bowl and set aside to soak for 10 minutes.

1 cup + 1 T applesauce, unsweetened  
2 T canola oil  
1 cup honey  
1/3 cup firmly packed brown sugar  
3 lg eggs  
1 1/2 T vanilla extract  
1 T grated orange rind or 2 tsp orange extract

Meanwhile, combine in a large bowl, using an electric mixer, until smooth.

3 cups whole-wheat pastry flour\*  
1 T baking powder  
1 1/2 tsp baking soda

Measure into a sifter and sift over applesauce mixture.

1 cup nonfat dry milk  
2 1/2 cups oats (quick-cooking or old-fashioned)  
1 cup nuts  
1 cup raisins  
1 cup ground flax seed (opt)

Add the soaked oat bran and remaining ingredients to the large bowl and mix thoroughly with a strong wooden spoon. Drop by slightly heaping tablespoons 1" apart. (To save time, load cookie sheets up with as many cookies as possible, baking 2 trays at a time. Stagger trays 1 to the left and 1 to the right, to allow air circulation around each outer edge.) Bake until lightly browned or 12 to 14 minutes.



\*If you don't have whole-wheat pastry flour, you can substitute with 1 1/2 cups whole-wheat and 1 1/2 cups all-purpose flour. To learn about whole-wheat pastry flour, see page 340.

Nutrition information for 2 cookies

Calories	220	Fat	7 g	Fiber	5 g	Sodium	127 mg	Total Carbohydrate	37 g
Calories from Fat	29%	Saturated Fat	<1 g	Cholesterol	22 mg	Protein	6 g	Sugars	17 g