

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
1½ 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
1½ tsp baking soda

Measure into a sifter and sift over applesauce mixture.

1 cup nonfat dry milk
2½ 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 1½ cups whole-wheat and 1½ 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