

Big Breakfast Cookies A Snack'n Powerhouse

From "Ultimate Foods for Ultimate Health" by Liz Pearson and Mairlyn Smith

Ingredients:

2 cups large flake rolled oats

2 cups whole wheat flour

½ cup oat bran

½ cup ground flaxseed

2 cups dried cranberries (***Sue note:*** I use only 1 cup and substitute other finely chopped dried fruits based on what I have in the cupboard)

2 tbsp cinnamon

1 tsp baking soda

½ cup dark brown sugar

2 Omega-3 eggs

¼ cup canola oil (***Sue note:*** I use flax oil)

One 4.5 ounce jar baby food strained prunes

2 tsp pure vanilla extract

Directions:

1. Pre-heat oven to 375 F and line a cookie sheet with parchment paper.
2. In a large bowl, mix together the oats, flour, oat bran, flaxseed, dried cranberries, cinnamon and baking soda.
3. In a medium bowl, whisk together the brown sugar, eggs, canola oil, prunes and vanilla extract.
4. Add this to the dry ingredients and stir until well combined.
5. Drop the batter onto cookie sheets using a ¼ cup per cookie. Press down gently so they are 1/8 inch thick.
6. Bake for 15 to 18 minutes, checking often so they don't get too dark. Cool and store in airtight container for up to 1 week or freeze

Calories per cookie: 160