

RECIPE IDEAS!

March 2013

Oat Bran and Date Cookies!

Ingredients:

3/4 cup	soft margarine
1 cup	packed brown sugar
1 egg	slightly beaten
1 tbsp	water
1 cup	whole-wheat flour
1 cup	oat bran
1/4 cup	wheat germ
1 tsp	baking soda
1 tsp	baking powder
1 cup	chopped raisins or dates



Makes Roughly 2 dozen cookies

Directions:

- Preheat oven to 350° F/ 180° C
- In a large bowl, cream margarine, brown sugar, egg and water together thoroughly.
- Add flour, oat bran, wheat germ, baking soda and baking powder; mix well. Stir in dates or raisins
- Drop batter by spoonfuls onto lightly greased baking sheets; flatten slightly with floured fork. Bake in 350° F/ 180° C oven **for 15 minutes or until golden brown.**
- Serve with a glass of milk (choose whole milk 3.25% for children under two years)