

Recipes – Cindi Hart

HEALTHY COOKIES

1 c. Whole wheat flour

1/2 tsp. soda

1 1/2 c. uncooked oats

Wheat Germ

1 tsp. Pumpkin pie spice

2 egg whites, slightly beaten

1 c. brown sugar

Molasses

1/3 c. Apple sauce

1/2 c. skim milk

1 tsp. vanilla

1 c. raisins

1 c. grated carrots, might try apple or zucchini

1 c. nuts (optional)

Mix dry ingredients. Add oats. Mix egg whites, brown sugar, oil, milk, vanilla, raisins and carrots. Add to the flour mixture. Drop by spoon onto cookie sheet. Bake at 375 degrees for about 15 minutes.