

VYP

Vary Your Protein Recipe Series

Recipe Category: Healthy Sweet Food

Cake-like Apple, Oatmeal, Raisin & Chocolate Chip Cookies

Yield: 52 servings, 1 cookie each

- 2 cups whole wheat flour
- 1 teaspoon baking soda
- 2 teaspoons ground cinnamon
- 1 1/3 cups cooked great northern or cannellini beans, cooked without salt, rinsed and drained
- 1 raw large egg, or 1/4 cup pasteurized egg substitute
- 2 teaspoons vanilla
- 1/4 cup vegetable cooking oil
- 1/2 cup applesauce, any kind
- 1/2 cup orange juice
- 1/3 cup packed brown sugar
- 1/2 cup granulated white sugar
- 2 cups quick-cooking rolled oats
- 1/3 cup packed seedless raisins
- 2/3 cup mini chocolate chips
- optional: 1/2 cup chopped nuts

1. Wash your hands and work area.
2. In a large mixing bowl, combine flour, baking soda and cinnamon. Mix well. Set aside.
3. On a large plate, using a fork, mash beans until smooth. Transfer to a second mixing bowl. Stir in egg, vanilla, oil, applesauce, juice, and both kinds of sugars. Mix well.
4. Preheat oven to 350 degrees F.
5. Pour liquid mixture into flour mixture and stir well. Stir in oatmeal. Stir in raisins, chocolate chips, and if desired, nuts. Dough will be soft.

(continued on reverse side)



K-STATE
Research and Extension

*Meal suggestion:
Serve at breakfast or
as a snack with low-fat
milk.*

*This low-fat healthy
sweet food has a
hidden ingredient
(mashed beans) which
helps keep them moist
and adds nutritional
value.*

Nutrition Facts

Serving Size 1 cookie (27g)
Servings Per Container 52

Amount Per Serving

Calories 80 **Calories from Fat 20**

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 25mg **1%**

Total Carbohydrate 13g **4%**

Dietary Fiber 1g **4%**

Sugars 5g

Protein 2g

Vitamin A 0% • Vitamin C 2%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

*1 carbohydrate choice
per serving.*

Cake-like Apple, Oatmeal, Raisin & Chocolate Chip Cookies *(Continued)*

6. Spray a cookie sheet with nonstick cooking spray. Mound about 1 1/2 tablespoons of dough onto the cookie sheet. Repeat until you have a tray of cookies ready to bake. Flatten each cookie slightly with a fork.
7. Bake for 16 to 17 minutes, or until light golden brown on the bottom.
8. Remove from oven. Let cool for 1 minute before transferring cookies onto a cooling rack or paper towels.
9. Store leftovers in a covered container. Or, if desired, freeze cookies in a moisture-proof freezer container for a future treat.