



V Y P
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.

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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

*I carbohydrate choice
 per serving.*

For more information about healthy eating, contact your local extension office or log on to www.ksre.ksu.edu/humannutrition/. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, Kansas State University.

Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, "VYP Recipe Series," Feb. 2009. This material was funded by USDA's Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.

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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.