



Recipes

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JUMBO OATMEAL WALNUT COOKIES

Serves: Makes about 12 cookies.

Ingredients:

- ½ cup all-purpose flour
- 1 cup quick rolled oats
- ¼ cup chopped walnuts
- ½ tsp baking soda
- ¼ tsp salt
- 1/3 cup soft butter
- 1/3 cup brown sugar
- 1 egg
- ½ tsp vanilla

Directions:

- Combine flour, oats, walnuts, baking soda and salt
- In a medium mixing bowl cream butter and sugar until light and fluffy, then blend in egg and vanilla.
- Add flour mixture and stir well.
- Using 1 Tablespoon of dough for each cookie, drop onto a greased baking sheet allowing ample room between each cookie.
- Bake @ 350 degrees for 12-14 mins until golden brown around edges.
- Loosen from pan while warm.
- Cool

Nutritional Information:

135 calories each, 7 g fats, 3 g protein, 15 g carbs