

Crunchy Cookies

These whole grain cookie spheres are the perfect size for a satisfying treat.

Serves 24



Ingredients

- 1½ cups rolled oats
- 1 cup whole wheat pastry flour
- ½ teaspoon sea salt
- ½ cup maple syrup
- ⅓ cup oil
- 1 teaspoon vanilla extract
- ½ cup chopped walnuts
- ½ cup chocolate chips

Directions

1. Preheat oven to 350 degrees.
2. Combine oats, flour, and salt together in a large bowl, set aside.
3. In a separate bowl, mix together maple syrup, oil, and vanilla.
4. Add wet ingredients to dry ingredients and mix well.
5. Fold in nuts and chocolate chips.
6. With moist hands form dough into about golf-ball sized cookies and place on a lightly oiled cookie sheet.
7. Bake for 15-20 minutes.

Adapted from Cynthia Lair's *Feeding the Whole Family*

Nutrition Facts

Serving Size 1 Cookie
Servings Per Recipe 24

Amount Per Serving

Calories 120 Calories from Fat 60

% Daily Value*

Total Fat 6g 9%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 50mg 2%

Total Carbohydrate 14g 5%

Dietary Fiber 2g 8%

Sugars 6g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 4%

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

		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

Please note: nutritional values are approximate.

