

Earth Cookie

Cream together:

1 cup of melted butter or 1/2 cup oil
and 1/2 cup applesauce or pumpkin
1 cup sugar
1 cup brown sugar

Add:

2 eggs
1 tsp vanilla

In a separate bowl combine:

2 cups whole wheat flour
2 cups oats
1/2 cup oat bran or ground flax
1/2 tsp salt
1 tsp baking powder
1 tsp baking soda

Stir and mix with wet ingredients



Optional Add-ins: 1 1/2 cup chocolate chips, 1/2 cup coconut, 1/2 butterscotch chips, 1/2 cup raisins or cranberries, 1/2 cup sunflower seeds, 1/4 cup sesame seeds, 1/4 cup millet.

Directions: Mix well and place cookies on an ungreased cookie sheet. Bake at 350 degrees for about 10 minutes.

Nutritional Information

16 servings

Information based on adding 1/2 cup pumpkin and 1/2 cup oil, coconut, sunflower seeds and craisins for optional add-ins.

Nutrition Facts	
Serving Size: 1 serving	
Amount Per Serving	
Calories	312
Total Fat	11.3g
Saturated Fat	2g
Trans Fat	0g
Cholesterol	26mg
Sodium	123mg
Carbohydrate	48.9g
Dietary Fiber	2.8g
Sugars	29.1g
Protein	5g
Alcohol	0.1g
Vitamin A 6%	Vitamin C 1%
Calcium 3%	Iron 8%