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“Breakfast Cookie”

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Pack a breakfast full of hard-working nutrients to keep you going throughout the day with this very tasty grab-and-go cookie. Add milk to make it complete. Makes 48 cookies

Ingredients:

2 3/4 cup whole wheat flour
2 3/4 cup oatmeal (not instant)
2 cups Grape Nuts cereal
2 teaspoons cinnamon
2 teaspoons baking soda
1/2 teaspoon salt
3/4 cup butter, softened *
1 3/4 cup brown sugar
2 teaspoons vanilla
3 eggs
1 can (8 oz.) crushed pineapple
2 cups raisins

Method:

Preheat oven to 350⁰ F.

Combine flour, oatmeal, Grape Nuts, cinnamon, baking soda and salt. Stir to mix. Set aside.

Beat together butter and sugar; add vanilla and eggs, beat well. Stir in crushed pineapple (including juice) and raisins. Add flour cereal mixture and stir until blended.

Drop by large spoonful on lightly greased baking sheet or use a #30 ice cream scoop. Slightly flatten cookie dough. Bake 10-12 minutes or until lightly browned. Cool on wire rack.

Store cookies in closed container. Freeze extra cookies until ready to use – reheat in microwave, if desired.

*NOTES: Try substituting 1 cup crunchy peanut butter.

(Each cookie approximately 130 calories, 3 grams fat, 22 grams carbohydrates, 1 gram dietary fiber, 4 grams protein)