



Whole Wheat Oatmeal Cookies

Ingredients:

2 Tbsp. Crushed Flax dissolved in ¼ cup warm water

2 Eggs

1 ¼ Cup Brown Sugar

½ tsp. Salt

1 tsp. Baking Soda

1 tsp. Baking Powder

1 tsp. Vanilla

2 Cups Crushed Oats

1 Cup Crushed Wheat #1

½ Cup Crushed Wheat #2

½ Cup Crushed Wheat #3

½ Cup Crushed Wheat #4

¼ Cup Flax

Directions:

Dissolve 2 Tbsp. Crushed Flax in ¼ cup warm water- let sit for 5 minutes

In a medium sized bowl combine dissolved flax, eggs, and brown sugar- mix together

Next add in the salt, baking soda, baking powder, and vanilla- stir

Next Add Crushed Oats, Crushed Wheat #1, #2, #3, #4, and additional Flax- mix

Scoop out cookies onto a baking sheet (makes about 2 dozen)

Bake at 350 degrees for 6 minutes