

# Whole Wheat Oatmeal Cookies

## Ingredients

2 Tbsp. Crushed Flax dissolved in  $\frac{1}{4}$  cup warm water  
2 Eggs  
1  $\frac{1}{4}$  Cup Brown Sugar  
 $\frac{1}{2}$  tsp. Salt  
1 tsp. Baking Soda  
1 tsp. Baking Powder  
1 tsp. Vanilla  
2 Cups Crushed Oats  
1 Cup Crushed Wheat #1  
 $\frac{3}{4}$  Cup Crushed Wheat #2  
 $\frac{3}{4}$  Cup Crushed Wheat #3  
 $\frac{1}{4}$  Cup Flax



## Directions

Dissolve 2 Tbsp. Crushed Flax in  $\frac{1}{4}$  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, and additional Flax- mix Scoop out cookies onto a baking sheet (makes about 2 dozen) Bake at 350 degrees for 6 minutes

His Saving Grains

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