

# GRANDMOTHER COOKIE'S WHOLE GRAIN COOKIES

## INGREDIENTS:

- 1 cup whole wheat flour
- 1 cup old-fashioned oats
- 1/2 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/3 cup coconut oil, melted (or butter)
- 1/2 cup honey or maple syrup
- 1 egg
- 1 teaspoon vanilla extract
- 1/2 cup dark chocolate chips
- 1/2 cup chopped walnuts (optional)

## INSTRUCTIONS:

1. Preheat oven to 350°F. Line baking sheet with parchment paper.
2. Mix flour, oats, baking soda, cinnamon, and salt in a bowl.
3. In another bowl, mix melted coconut oil, honey, egg, and vanilla.
4. Combine wet and dry ingredients. Stir in chocolate chips and nuts.
5. Drop tablespoon-sized balls onto baking sheet.
6. Bake 10-12 minutes until edges are golden.
7. Cool on pan for 5 minutes, then move to cooling rack.

## These cookies have:

- ✓ Whole grains for steady energy
- ✓ Less sugar than traditional cookies
- ✓ Protein from nuts
- ✓ Fiber from oats

**They're still treats — just SMARTER treats! Makes about 24 cookies.**