



NUTRITION CONSULTING INC.

Chewy Raisin Cookies

This is a lower-fat cookie than most that pairs nicely with a class of milk or calcium fortified soy/rice/almond milk.

Makes 30 cookies

What you need:

1 cup raisins
1/2 cup water
1/4 cup oil
1 cup sugar
1 egg
1 tsp vanilla
1 cup whole wheat flour
1 cup unbleached white flour
1/2 tsp. baking soda
1 tsp salt
1 tsp cinnamon
1/2 tsp nutmeg



How you prepare:

In a pot combine raisins and water. Bring to a boil for 5 minutes, then cool. In a separate bowl cream together oil, sugar, egg, and vanilla. Add cooled raisin mixture. Add the remaining ingredients and blend thoroughly. Drop from a spoon onto cookie sheet. Bake at 400 degrees for 10-12 minutes. until done.

Per serving:

Calories 90
Carbohydrates 17 g
Protein 1 g
Fat 2 g
Dietary Fiber 1 g

It's your **health.**



Take a stand.

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