



Special Healthy Cookies with Jing & Annie

Ever wonder what to do with the extra honey, sunflower seeds and wheat germ flakes in your pantry? Now you can make them into delicious wholesome cookies!

Ingredients

- ✓ 1 ¼ cup whole wheat flour
- ✓ ½ cup rolled oats
- ✓ ½ cup wheat germ flakes or wheat bran
- ✓ ½ tsp baking powder
- ✓ ¼ tsp salt

- ✓ ½ cup margarine or butter (softened)
- ✓ ½ cup honey
- ✓ ½ cup peanut butter
- ✓ 2 eggs
- ✓ 1 tsp vanilla

- ✓ 1 cup carob chips / semi sweet or dark chocolate
- ✓ 1 cup peanuts (optional)
- ✓ 1 cup raisins
- ✓ ½ cup sunflower seeds

How to make yummy cookies

1. Combine flour, oats, wheat germ, baking powder and salt
2. Stir well to blend
3. Cream butter, peanut butter, honey, eggs and vanilla together thoroughly
4. Add flour to mixture and stir well
5. Bake at 375 for 10-12 mins or until golden

Healthy cookies trivia: What's the difference between wheat bran and wheat germ?

The main difference between the two ingredients is their location in the grain: wheat bran is located in the outermost layer while wheat germ is found in the 'heart'. The main content of wheat bran is insoluble fibre, which adds bulk to our foods and helps keep us regular (always a good thing). On the other hand, wheat germ is high in polyunsaturated oils and wonderful nutrients such as vitamin E and thiamin. In order to keep both of these ingredients in optimum condition, store them in a closed container in the refrigerator after opening.