

# Great-Tasting Cookies Provide A Hidden Bonus

(NAPSA)—There's good news for bakers who are looking for a wholesome way to satisfy their family's sweet tooth.

By adding a couple of healthful ingredients to cookie dough or brownie batter, you can boost your family's fiber intake deliciously. For example, try using white whole wheat flour from King Arthur Flour. It has all the fiber and nutrition of whole wheat flour with a milder flavor. Generally, you can substitute up to 50 percent of the all-purpose flour called for in a recipe with white whole wheat flour.

Flax can also add nutrition to cookies and other baked goods such as quick breads and brownies. Both whole flax seed and whole flax meal from the company are high in fiber and omega-3 fatty acids. And they are finer in grind, milder in taste and lighter in color than other flax products. They are also non-GMO, certified gluten-free and kosher.

Try this crunchy, yummy cookie recipe, created just for these ingredients, that tastes so good, you may forget to tell your family it's good for them, too.

## Oatmeal and Flax Cranberry Cookies

- 1 cup soft butter
- $\frac{3}{4}$  cup brown sugar, lightly packed
- 1 tsp ground cinnamon
- 1 tsp vanilla extract
- $\frac{1}{2}$  tsp baking soda
- $\frac{1}{2}$  tsp salt
- 1 large egg
- $1\frac{1}{2}$  cups King Arthur White Whole Wheat Flour
- $1\frac{1}{2}$  cups old-fashioned rolled oats (not instant or quick cooking)
- $\frac{1}{2}$  cup King Arthur whole flax meal
- $\frac{1}{4}$  cup King Arthur whole flax seeds



**These cookies taste too good to be called nutritious—but they are.**

- $1\frac{1}{2}$  cups dried cranberries or raisins**
- $\frac{1}{2}$  to 1 cup chopped nuts, optional**

**Lightly grease two baking sheets or line them with parchment.**

**In a large bowl, beat together butter, brown sugar, cinnamon, vanilla, baking soda, salt and egg until fluffy. Mix in remaining ingredients.**

**Let the dough rest for 30 minutes at room temperature for the oats to soften. Toward the end of the rest period, pre-heat the oven to 350° F.**

**Scoop dough by rounded tablespoonfuls onto the prepared baking sheets. Flatten each ball of dough slightly.**

**Bake 10 to 12 minutes, until golden brown. Cool on the baking sheets for 15 minutes to allow them to set. Move them to a cooling rack to finish cooling.**

**Yield: 3 $\frac{1}{2}$  dozen cookies.**

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