

Recipe For: Conscious Living Cookies - from Cindi Buenzli

Ingredients & Directions:

Servings: a bunch

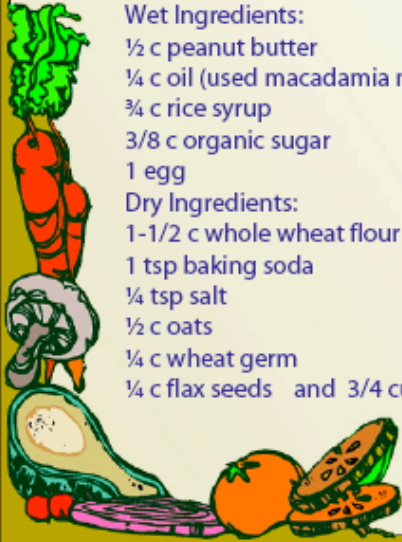
Wet Ingredients:

- ½ c peanut butter
- ¼ c oil (used macadamia nut oil once – very good)
- ¾ c rice syrup
- 3/8 c organic sugar
- 1 egg

Dry Ingredients:

- 1-1/2 c whole wheat flour
- 1 tsp baking soda
- ¼ tsp salt
- ½ c oats
- ¼ c wheat germ
- ¼ c flax seeds and 3/4 cup Chocolate Chips (sweet toothers may want more)

Notes: continued below



Recipe For: Conscious Living Cookies (cont...)

Ingredients & Directions:

Servings:

Combine wet ingredients.
In a separate bowl, combine dry ingredients.
Mix both together, and then add chocolate chips.

Bake at 350' for about 12 minutes.

Makes for a cookie with a crispier outside and chewy inside.

In an attempt to make a healthy chocolate chip cookie when I was pregnant, this is what I created. Since then, the kids (Ray and Helen) and I have been working on perfecting it, while Michael continues to eat them all!

Notes:

