

RECIPES FOR SOCIAL ISOLATION

BREAKFAST COOKIES

- **3/4 cup** all purpose flour (use whole wheat for part)
 - **1/2 teaspoon** ground cinnamon
 - **1/2 teaspoon** baking powder
 - **1/4 cup** oil (canola or vegetable)
 - **1/3 cup** packed brown sugar (can use sugar substitute)
 - **1** egg
 - **1 teaspoon** vanilla
 - **1** medium apple, diced (about 1 cup)
 - **1 1/2 cups** oatmeal
 - **3/4 cups** shredded cheese (cheddar or Colby)
 - **1/2 cup** dried fruit (cherries, cranberries, raisins)
1. Preheat oven to 350 degrees F. Spray a baking sheet with nonstick cooking spray.
 2. Stir together flour, cinnamon, and baking powder in a large bowl.
 3. Stir in oil, brown sugar, egg, and vanilla until well combined.
 4. Stir in diced apple, oatmeal, cheese, and dried fruit.
 5. Drop dough in rounded tablespoons onto greased baking sheet. Wet fingers and pat each cookie down into a circle.
 6. Bake for 12-14 minutes, until set in the middle and lightly browned on the edges.

1 cookie: Calories 190:Total Fat 8g : Cholesterol 20mg :Sodium 70mg :Total Carbohydrates 27g :Dietary Fiber 2g :Total Sugars 12g :Protein 5g

HUMMUS COOKIES

MIX AND SET ASIDE:

- 1 can chick peas, drained and pureed
- 1/8 cup unsweetened applesauce
- 1 ½ TBSP oil
- 1 egg
- ¾ cup sugar (can use sugar substitute—I like the brown sugar version)
- 1 tsp vanilla

MIX IN A SEPARATE BOWL:

- ½ cups oats (quick or old fashioned)
- 1-2 TBSP all purpose or whole wheat flour
- ¼ tsp baking soda
- 1 tsp baking powder

¼ tsp salt

STIR IN:

½ cup semisweet chocolate chips or dried fruit or nuts or all 3!

Add dry ingredients to wet, mix, then add chips. Bake at 350° for 10-12 minutes. Best if eaten warm.

Toasted Coconut & Dark Chocolate Cookies

1 cup flaked sweetened coconut

1 cup all-purpose flour

½ teaspoon baking powder

¼ teaspoon baking soda

⅛ teaspoon salt

¾ cup brown sugar, packed

¼ cup trans-fat free margarine spread

1 teaspoon vanilla extract

1 large egg

3 -4TBS cocoa powder

Preheat oven to 350°F.

Toast coconut in a small baking pan, stirring once. Set aside to cool.

Combine flour, baking powder, baking soda, and salt –set aside

Beat brown sugar and margarine, add vanilla and egg.

Add flour mixture, beating at low speed until combined

Stir in toasted coconut and chocolate.

Drop by tablespoons 2 inches apart onto greased baking sheets.

Bake for 10 minutes or until bottoms of cookies begin to brown.

Makes about 30 cookies

per cookie: 70 calories, 3 grams total fat, (2 grams saturated fat,)10 milligrams cholesterol, 35 milligrams sodium, 11 grams carbohydrates, 0 grams dietary fiber, 1 gram protein