# **Crunchy Cookies**

These whole grain cookie spheres are the perfect size for a satisfying treat.

#### Serves 24



# Ingredients

- 1½ cups rolled oats
- 1 cup whole wheat pastry flour
- ½ teaspoon sea salt
- ½ cup maple syrup
- ⅓ cup oil
- 1 teaspoon vanilla extract
- ½ cup chopped walnuts
- ½ cup chocolate chips

## **Nutrition Facts**

Serving Size 1 Cookie Servings Per Recipe 24

Amount Per Serving

	9
Calories 120	Calories from Fat 60
	% Daily Value*
Total Fat 6g	9%
Saturated Fa	t 1g <b>5</b> %
Trans Fat 0g	
Cholesterol On	ng <b>0</b> %
Sodium 50mg	2%
Total Carbohyo	drate 14g 5%
Dietary Fiber	2g <b>8</b> %
Sugars 6g	
Protein 2g	
Vitamin A 0%	<ul> <li>Vitamin C 0%</li> </ul>
Calcium 2%	• Iron 4%

Calcium 270	•	11011 4 70	
*Percent Daily V	alues are ba	sed on a 2	,000 calorie
diet. Your daily v	alues may b	e higher o	r lower
depending on yo	ur calorie ne	eeds:	
	Calarias	2 222	2.500

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per grai	m:	. 4	

Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

### **Directions**

- 1. Preheat oven to 350 degrees.
- 2. Combine oats, flour, and salt together in a large bowl, set aside.
- 3. In a separate bowl, mix together maple syrup, oil, and vanilla.
- 4. Add wet ingredients to dry ingredients and mix well.
- 5. Fold in nuts and chocolate chips.
- 6. With moist hands form dough into about golf-ball sized cookies and place on a lightly oiled cookie sheet.
- 7. Bake for 15-20 minutes.

Adapted from Cynthia Lair's Feeding the Whole Family

