



## October 19- Bean Cookies

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=446280>

### **Recipe**

*Ingredients:*

- 2 cups oatmeal
- 1 cup whole-wheat flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ cup brown sugar
- ½ cup ground flaxseed
- 15-ounce can white kidney beans
- ¼ cup butter
- 1 cup chocolate chips

*Directions:*

1. Preheat oven to 350°F. Line cookie sheet with parchment paper.
2. Combine all ingredients, except chocolate chips, in blender; blend until well mixed.
3. Fold in chocolate chips; mix well.
4. Scoop batter into small cookies. Bake for 10-12 minutes, or until lightly browned.

Yield 30 servings

### **Nutrition Facts**

Serving Size 1 cookie (35.69g)  
Servings Per Container 30

Amount Per Serving	
<b>Calories</b> 150	Calories from Fat 40
<b>% Daily Value*</b>	
<b>Total Fat</b> 4.5g	<b>7%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> <5mg	<b>1%</b>
<b>Sodium</b> 45mg	<b>2%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 5g	<b>22%</b>
Sugars 6g	
<b>Protein</b> 5g	<b>10%</b>
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 10%

\* Percent Daily Values are based on a 2,000 calorie diet.