



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	
Calories 150	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 45mg	2%
Total Carbohydrate 22g	7%
Dietary Fiber 5g	22%
Sugars 6g	
Protein 5g	10%

Vitamin A 0% • Vitamin C 0%
Calcium 4% • Iron 10%

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