

Barley Chocolate Chip and Walnut Cookies

From the Whole Grains Council

<http://wholegrainscouncil.org/recipes/snacks-desserts/barley-chocolate-chip-and-walnut-cookies>

Ingredients

- 1 1/2 cup barley flour
- 1 1/2 teaspoon baking powder
- 1/2 cup rice malt syrup or honey
- 2 teaspoon vanilla
- 1/4 cup vegetable oil
- 1 egg
- 1 cup walnuts, finely chopped
- 1 cup chocolate or carob chips

Instructions

1. Preheat oven to 350° F.
2. Combine flour and baking powder in a mixing bowl.
3. Beat eggs and combine with oil, syrup and vanilla.
4. Add flour mixture to wet mixture and mix together to form stiff dough. Mix in walnuts and chips.
5. Bake 10 to 12 minutes. Remove and cool on a wire rack.

Tip: Use a 1/8 cup measure to drop dough onto an oiled cookie sheet. Dip 1/8 cup measure into cool water first to prevent dough from sticking. Wet hand in cool water and flatten each cookie with palm.

Makes 20 servings

Nutrition information 1 cookie per serving

Calories: 180	Dietary Fiber: 2 g
Total Fat: 10 g	Sodium: 40 mg
Saturated Fat: 2.5 g	Protein: 3 g
Cholesterol:	Carbohydrates: 22 g

