

Quinoa “Oatmeal” Cookies

From the Whole Grains Council

<http://wholegrainscouncil.org/recipes/snacks-desserts/quinoa-oatmeal-cookies>

Ingredients

- 6 tablespoons dairy free/ soy free margarine (may substitute with butter)
- 1/2 cup brown sugar
- 1/4 cup soft silken tofu (may substitute with 1 egg)
- 3/4 cup quinoa flour
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1/2 tsp. cinnamon
- 1 tsp. gluten free vanilla
- 1 1/2 cups Arzu Original Flavor (see note)
- 1/2 cup raisins (may substitute with dried cranberries)

Instructions

1. Preheat oven to 350 degrees.
2. Cream margarine, brown sugar and tofu (or egg).
3. Add quinoa flour, baking soda, salt and cinnamon and vanilla. Beat for 1 minute on high. Add vanilla and Arzu. Mix well. Add raisins and gently mix in.
4. Drop by teaspoonful onto parchment lined cookie sheet.
5. Bake 10-12 minutes until golden brown.
6. Cool before storing in air tight container.

Note: Arzu is a gluten-free mix of whole grain quinoa, buckwheat and legumes that can be eaten as a porridge or incorporated into a wide range of cooked and baked products.

Makes 36 servings

Serving Size: 1 cookie

Nutrition information per serving

Calories: 50	Dietary Fiber: 1 g
Total Fat: 1.5 g	Sodium: 90 g
Saturated Fat:	Protein: 1 g
Cholesterol:	Carbohydrates: 9 g

