**Breakfast Cookie**

Groups of 2-3

**Ingredients:**

125 mL brown sugar

185 mL quick oats

250 mL whole wheat flour

2 mL baking soda

5 mL baking powder

1 mL ground ginger

½ mL ground cloves

30 mL ground flax

30 mL rice krispies

30 mL wheat germ

30 mL canola oil

40 mL apple sauce

15 mL water

1 egg

3 mL vanilla extract

60 mL raisins or cranberries (optional)

**Directions:**

1. Preheat oven to 350 F
2. In a large bowl mix together brown sugar, oats, flour, baking soda, baking powder, ginger, cloves, flax, rice krispies and wheat germ.
3. Make a well in the centre and add canola oil, apple sauce, water, eggs and vanilla. Mix until well blended.
4. Stir in raisins/cranberries.
5. Scoop out golf ball sized cookies onto cookie sheets. Flatten with the back of a spoon. These cookies do not spread when baked.
6. Bake 8 to 10 minutes in preheated oven.
7. Let cool on pan for 2 minutes before transferring to a cooling rack.