

## Oatmeal Nugget Cookies

(Makes 2½ dozen cookies | 15 servings)

*Nothing says home better than oatmeal cookies. This dough can be mixed in one bowl. Lightly toast oats until fragrant in a 350° oven, about five minutes. You can add your favorite dried fruits or chopped nuts, or change the spice to ginger or cinnamon.*

### **Ingredients:**

- ¼ cup whole wheat pastry flour
- ⅓ cup unbleached all-purpose flour
- ½ cup quick rolled oats, lightly toasted (see headnote)
- ⅓ cup packed brown sugar blend\* (\* a fairly new product that includes regular brown sugar and sugar substitute)
- ¼ cup egg substitute
- ½ teaspoon pure vanilla extract
- ¼ teaspoon baking soda
- ½ teaspoon baking powder
- ¼ teaspoon kosher salt
- 1 teaspoon pumpkin pie spice
- 2 tablespoons transfree margarine

### **Directions:**

- 1) Preheat the oven to 375°F. Line a baking sheet with parchment paper or a Silpat liner or coat a nonstick sheet with cooking spray.
- 2) Combine all ingredients in a bowl along with 2 tablespoons water and blend with a fork until incorporated. The dough will be stiff.
- 3) Using a teaspoon measure, place rounded nuggets of dough on the prepared baking sheet.
- 4) Bake for 15 minutes, or until the bottoms are browned and the nuggets are set. Cool on a wire rack. Store in an airtight container.

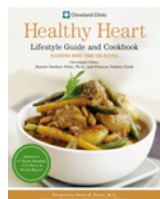
### **Nutritional Analysis:** (per serving / 2 cookies)

- Calories: 60 (15% calories from fat)
- Total Fat: 1 g
- Saturated Fat: 0 g
- Protein: 1 g
- Carbohydrates: 10 g
- Dietary Fiber: 0 g
- Cholesterol: 0 mg
- Sodium: 95 mg
- Potassium: 25 mg

### **Dieticians Note:**

Compared to a traditional homemade oatmeal cookie recipe, you save 70 calories and 4 grams of fat!

### **Source:**



*This heart-healthy recipe and more than 150 others are available from the nation's #1 heart center in the "Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook" (© 2007 Broadway Books).*

*The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com.*