

FLAX SEED COOKIES

"Flax Your Way to Better Health" by Jane Reinhardt-Martin

INGREDIENTS:

- 1 Cup - Margarine
- 1 Cup - Sugar
- 1 Cup - Brown sugar
- 2 - Eggs
- 1 Teaspoon - Vanilla
- 1-1/2 Cups - All-purpose flour
- 3/4 Cup - Soy flour
- 1 Cup - Oatmeal
- 1/2 Cup - Ground flaxseed
- 1/2 Teaspoon - Salt
- 1 Teaspoon - Baking powder
- 1 Teaspoon - Baking soda
- 1/2 Cup - Chopped almonds
- 1/2 Cup - Chocolate chips

INSTRUCTIONS:

Preheat oven to 350 degrees.

Cream margarine and sugars until mixture is light and fluffy.

Add eggs and vanilla and beat well. In a separate bowl, mix flour, soy flour, oatmeal, ground flaxseed, salt, baking powder and baking soda. Stir into creamed mixture.

Add almonds and chocolate chips. Mix until blended.

Place a heaping teaspoon on a greased cookie sheet, leaving two inches between cookies.

Bake for 8 to 10 minutes. Makes 50 cookies. Each cookie contains 1/2 teaspoon of flaxseed.

NOTES:
