



Quinoa "Oatmeal" Cookies



Kim Wirth, RN, BSN

Craving old fashioned Oatmeal Raisin cookies? Try these gluten-free, nut-free, dairy free, cookies, with both egg-free and soy-free options. Perfect as an after school snack, these crunchy, slightly sweet cookies are packed with the added nutrition of quinoa. Look for them to become a new family favorite.

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.*

Nutritional information per cookie: Calories 50, Fat 1.5g, Sodium 90mg , Carbs 9g, Fiber 1g, Protein 1g, Iron 2% of RDA.

*Recipe courtesy of Kim Wirth, RN, BSN. Kim is a pediatric nurse at Dell Children's Medical Center of Central Texas, lives with her husband near Austin, Texas. In addition to being a mother of three, she is also co-owner of **World Wise Grains**, makers of gluten-free Arzu.*

makes: 3 dozen cookies