

# Whole-Grain Lunch Cookies

## INGREDIENTS

<b>1 cup whole wheat flour</b>	<b>1 cup vanilla low-fat yogurt</b>
<b>1/4 cup ground flax seeds</b>	<b>1/4 cup agave nectar</b>
<b>1 tbsp ground cinnamon</b>	<b>1 tsp vanilla extract</b>
<b>1 tsp baking soda</b>	<b>1 cup old-fashioned oats</b>
<b>1/4 tsp sea salt</b>	<b>1 cup whole-grain cereal</b>
<b>2 large eggs</b>	<b>1/4 cup raisins</b>

1. Preheat oven to 350°. In a large bowl, stir together flour, flax seed, cinnamon, baking soda and salt. Add eggs, yogurt, agave and vanilla. Stir until well blended. Stir in remaining ingredients and mix until blended.
2. Drop dough by 1/4 cup onto a nonstick or lightly greased baking sheet, about 4" apart. Flatten slightly and form into 4" rounds.
3. Bake 10-12 minutes or until browned. Cool on a wire rack. Serve immediately or store in an airtight container for up to three days.

Yield: 12 cookies

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