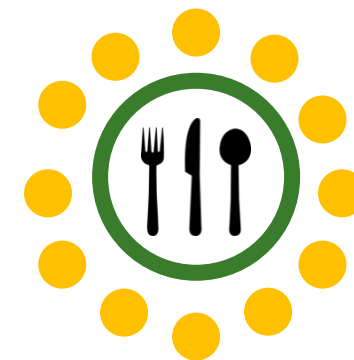


recipe of the week:

Power Cookies



ingredients:

4 cups rolled oats

1 can cannellini beans, drained and rinsed

½ cup white sugar

½ cup brown sugar

1 teaspoon vanilla extract

1 teaspoon baking powder

1 teaspoon ground cinnamon

½ cup chopped pitted dated

½ cup flaked coconut

½ cup raisins

½ cup chopped walnuts

directions:

1. Preheat the oven to 325 degrees F (165 degrees C). Grease cookie sheets. Grind the oats in a blender until resembling coarse flour.

2. In a medium bowl, mash beans to a smooth paste. Stir in the white sugar, brown sugar and vanilla until well blended. Combine the ground oats, baking powder, baking soda and cinnamon; blend into the bean mixture. Stir in the dates, coconut, raisins and walnuts. Drop dough by heaping spoonful onto the prepared cookie sheet.

3. Bake for 10 to 15 minutes in the preheated oven, until golden. Cool on baking sheets for 5 minutes then remove to wire racks to cool completely.

Presented by:

