



SNACK ATTACK LENTIL COOKIES



SNACK ATTACK - LENTIL COOKIES



INGREDIENTS

- ½ cup butter
- ½ cup packed brown sugar
- ½ cup white sugar
- 1 egg
- 1 tsp vanilla
- ⅔ cup white or whole wheat flour
- ½ baking soda
- 1 cup rolled oats
- ½ cup cooked and drained lentils
(leave slightly chewy)
- ½ cooked wild rice
- ½ raisins
- ½ sunflower seeds

DIRECTIONS

1. Cream butter, sugars, egg and vanilla together until fluffy.
2. Stir in flour, rolled oats, baking soda, lentils, rice, raisins and sunflower seeds.
3. Drop by teaspoon onto greased baking sheet, allow space for spreading.
4. Press flat with a floured fork, Bake at 375° F for 8 - 10 minutes.
5. Carefully lift off pan; let cool.

Recipe makes 4 dozen

Snack Attack - Lentil Cookies have been a favourite in our family and in Simpson Seeds staff lunch rooms for many years. Thank you to our loving Grandmother (Helen Simpson) who has baked countless batches for everyone to enjoy.



A favourite for many to enjoy!