

## *Cape Cod Oatmeal Cookies*

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*Mix: 1  $\frac{1}{2}$  c flour,  $\frac{1}{2}$  tsp baking soda, 1 tsp cinnamon,  $\frac{1}{2}$  tsp salt*

*Stir in: 1 egg lightly beaten*

*1 c sugar*

*1 c melted butter*

*1 tbsp molasses*

*$\frac{1}{4}$  c milk*

*1  $\frac{3}{4}$  c uncooked oatmeal*

*$\frac{1}{2}$  c raisins (optional)  $\frac{1}{2}$  c chopped nuts (optional)*

*Bake at 350 F on an ungreased cookie sheet.*

## *Carrot Cake*

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*Mix: 1 c sugar*

*1 c vegetable oil*

*2 eggs*

*1 c white flour*

*1 c whole wheat flour*

*1  $\frac{1}{2}$  tsp baking soda*

*1 tsp salt*

*2 tsp cinnamon*

*Add: 2 c carrots grated*

*2 c apples grated*

*1 c raisins*

*$\frac{1}{2}$  c walnuts (optional)*

*Pour into greased and floured pans. Bake at 350 F.*

## *Blueberry Crisp*

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*Combine: 4 c blueberries*

*$\frac{1}{3}$  c sugar*

*2 tbsp cornstarch*

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*spoon into greased casserole dish*

*Mix: ½ c rolled oats  
½ c whole wheat flour  
¼ c packed brown sugar  
2 tbsp chopped walnuts  
1/3 c margarine*                      *drop evenly over blueberries*

*Bake at 375 F for 45 minutes. 8 servings*

## *Energy bars*

*Mix: 1 c uncooked oats  
1 ¼ c whole spelt flour  
¼ c wheat germ  
¼ c oat bran  
1 tsp ground cinnamon  
3 tsp flax seeds  
½ c sesame seeds  
1 c chopped walnuts  
Sunflower seeds, pepitas*

*¼ c raisins  
¼ c dried apples or apricots  
¼ c chopped dates  
¾ c (apple) juice or fruity tea  
1 egg white  
1 tbsp molasses or honey  
candied or raw ginger  
1/3 c healthy oil  
dried prunes, cranberries etc*

*I use more dried fruit than the recipe asks for. It is moister. Spread on greased pan or cookie sheet ½ inch thick.*

*Bake on 240 F for about 45 min. Cut into bars while still hot, but do not remove from pan until cooled. Put in snack bags and freeze until ready to use. Recipe x 2 makes one sheet.*

## *Corn Bread*

*¾ c cornmeal  
1 c flour  
1/3 c sugar  
3 tsp baking powder  
½ tsp salt*

*1 c milk or buttermilk  
1 egg well beaten  
2 tbsp oil or melted butter*