

January 2015

January – a great time to do some baking to warm up the house. This recipe was adapted from one published in Country Woman magazine in 2008 – it is great to have on hand for an “out the door” breakfast or with a cup of hot cocoa.

I make a batch, bag them in zip-lock baggies and keep them in the freezer – just 20 seconds in the microwave to reheat for a yummy, breakfast on the go. They are filling and satisfying enough to replace a granola bar for a quick energy pickup. Enjoy! S. Luczu



Take Along Breakfast Cookies

Makes 3 doz. – 3” cookies

- 1 C. Butter, softened
- 1 C. Peanut Butter
- 2 C. Brown Sugar – packed down
- ¼ C. honey
- Cream butter, peanut butter, brown sugar and honey.
- Beat in eggs, milk and vanilla.

- 3 eggs
- ½ C. milk
- 2 tsp. vanilla
- ½ C. Sesame Seed – for topping

In a separate bowl, mix together:

- 2 C. Old fashioned Oats
- 1 ½ C. Whole Wheat flour
- 1 ¾ C. all-purpose flour
- 1 C. non-fat dry milk powder
- 1 C. raw sunflower seeds

- ¼ tsp. wheat germ
- 1 tsp. salt
- ½ tsp. baking soda
- ½ tsp. baking powder
- 1 ½ C. candied ginger (finely diced)

- Stir all together well; add half the dry ingredient mixture to the “wet” ingredient mix and stir together.
- Add remaining dry mix to the batter and mix together well.
- Cover and refrigerate 4-24 hours. When ready to bake, drop by ¼ cupful onto parchment lined baking sheets – flatten to a 3” circle and sprinkle with Sesame seeds
- Bake @ 350° approx. 12 minutes (until edges are lightly browned).
- Cool on pans for 5 minutes before removing to a wire rack – cool completely and store in a tightly sealed tin or in zip-lock baggies in freezer.

OPTIONAL:

- Note: I use Extra crunchy Peanut Butter, smooth would work equally well
- Substitute other nuts for sunflower seeds; add golden raisins or dried cranberries or dried blueberries
- For a little extra “ZIP” add 1 tsp. Cocoa Chili Blend (McCormick’s Spice brand)

Sources for supplies:

Raw sunflower seeds – check local farmer’s market or the organic section of the local grocery
Sesame Seeds – I purchase at a Middle Eastern grocery – also available at Asian grocery
Candied Ginger – I order online from Abe’s Market (www.abesmarket.com)
– 2# crystallized ginger chips @ 21.99