

# Cookies supply a boost of energy

By Janet Nixdorf

This is a cookie lovers' alert. Be prepared to enjoy these wholesome, nutritious and high energy soft cookies at lunch break, or as a quick energy boost anytime.

## Banana Walnut Cookies

1 cup packed brown sugar  
3/4 cup butter or margarine, softened  
1/2 cup granulated sugar  
1 tsp. vanilla  
2 cups all-purpose flour  
1 cup buttermilk  
3/4 cup mashed banana (2 small)?  
1 tsp. baking soda  
1/2 tsp. salt  
2 1/2 cups uncooked old-fashioned rolled oats  
3/4 cup chopped walnuts

Heat oven to 350 F. In a large mixing bowl, combine brown sugar, butter, granulated sugar and vanilla. Beat at medium speed of electric mixer until light and fluffy. Add flour, buttermilk, bananas,

baking soda and salt. Beat at low speed until soft dough forms. Stir in oats and walnuts. Drop dough by heaping teaspoon 2 inches apart onto ungreased cookie sheets. Bake for 9 to 10 minutes, or until golden brown. Cool completely before storing. Makes 4 dozen.

## Applesauce Date Cookies

1 cup unsweetened applesauce  
1/2 cup granulated sugar  
1/2 cup packed brown sugar  
1/2 cup vegetable shortening  
1 egg  
2 1/2 cups all-purpose flour  
1 cup uncooked quick-cooking oats  
1 tsp. baking soda  
1/2 tsp. baking powder  
1/2 tsp. ground cinnamon  
1/4 tsp. ground cloves  
1/4 tsp. salt  
1/2 cup chopped dates

Heat oven to 375 F. Lightly grease cookie sheets. Set aside. In a large bowl, combine applesauce, sugars, shortening and egg. Beat at medium speed of electric mixer until well blended. Add flour, oats, baking soda, baking powder, cinnamon, cloves and salt. Beat at low speed until soft dough forms. Stir in dates. Drop dough by heaping teaspoon 2 inches apart onto prepared cookie sheets. Bake for 8 to 10 minutes or until light golden brown. Let cool for 1 minute before removing from cookie sheets. Cool completely before storing. Makes 3 1/2 dozen.

## Carrot Cake Cookies

1 cup granulated sugar

1 cup packed brown sugar  
1/2 cup butter or margarine, softened  
1/2 cup vegetable shortening  
2 eggs  
1 tsp. vanilla  
3 cups all-purpose flour  
1 tsp. baking powder  
1/2 tsp. baking soda  
3/4 tsp. ground cinnamon  
1/4 tsp. salt  
1 cup crushed pineapple, drained (reserve 1 to 2 tbsp. juice)  
3/4 cup grated carrot  
1/2 cup golden raisins  
1/2 cup chopped walnuts

## Frosting

2 cups powdered sugar  
1 125 g pkg. cream cheese, softened  
1 tbsp. butter or margarine, softened

Heat oven to 375 F. Lightly grease cookie sheets. Set aside. In a large mixing bowl, combine granulated sugar, brown sugar, 1/2 cup butter, the shortening, egg and vanilla. Beat at medium speed of electric mixer until well blended. Add flour, baking powder, baking soda, cinnamon and salt. Beat at low speed until soft dough forms. Stir in pineapple, carrot, raisins and nuts. Drop dough by heaping teaspoon 2 inches apart onto prepared baking sheets. Bake for 10 to 12 minutes or until light golden brown. Cool completely. In a small mixing bowl, combine frosting ingredients and reserved juice. Beat at low speed of electric mixer until smooth. Spread frosting evenly on cookies. Let dry completely before storing. Makes 4 1/2 dozen.

# SALE

