

Jumbo pear breakfast cookies

This is like having a fruity handful of cereal without the bowl. Serve them with some milk or a small container of yogurt. These are meant to be large — they are breakfast, after all!

1 500 ml (16 oz) can Bartlett pear halves or slices

250 ml (1 cup) raisins

125 ml (1/2 cup) butter or margarine

180 ml (3/4 cup) honey

2 eggs

250 ml (1 cup) all-purpose flour

250 ml (1 cup) whole wheat flour

5 ml (1 tsp) baking powder

3 ml (1/2 tsp) baking soda

15 ml (3 tsp) ground cinnamon

4 ml (3/4 tsp) salt

1 ml (1/8 tsp) ground cloves

500 ml (2 cups) quick-cooking rolled oats

125 ml (1/2 cup) chopped walnuts

125 ml (1/2 cup) sunflower seeds

Drain pears reserving 125 ml (1/2 cup) liquid; cut

pears into chunks. In a small saucepan, bring reserved liquid to a boil: add raisins and let stand 15 minutes. In large bowl, cream butter, beat in honey and eggs. In separate bowl, combine flours, baking powder, soda, cinnamon, salt and cloves then stir into butter mixture. Stir in raisins with pear liquid, pears, rolled oats, walnuts and sunflower seeds. Using 160 ml (1/3 cup) cookie dough for each, shape dough into 5-inch cookies on greased baking sheet. Six cookies should fit on a baking sheet. Bake at 325 F for about 25 minutes or until lightly browned. Makes 12 to 16 cookies.

Source: Philomena Corradeno, King Features Syndicate.

