

Spice Oatmeal Cookies

250 ml (1 cup) butter or margarine, softened
250 ml (1 cup) packed brown sugar

2 eggs
7 ml (1 1/2 tsp) vanilla
750 ml (3 cups) rolled oats (not instant)
375 ml (1 1/2 cups) flour
3 ml (3/4 tsp) ginger
5 ml (1 tsp) cinnamon
2 ml (1/2 tsp) cloves
2 ml (1/2 tsp) salt
5 ml (1 tsp) baking soda
250 to 375 ml (1 to 1 1/2 cups) dried cranberries or raisins

Beat butter or margarine with brown sugar. Beat in eggs and vanilla.

In a separate bowl, combine oats, flour, spices, salt and baking soda.

Add flour and oatmeal mixture to wet ingredients. Mix well until combined. Stir in cranberries.

Drop by rounded teaspoons onto lightly sprayed cookie sheets, about 5 cm (2 inches) apart. Bake in 180 C (350 F) oven for about 12 minutes, turning pan halfway through.

Bottoms of cookies should be golden when removed. Cool on wire racks. Taste-tester notes: I liked the combination of the oatmeal with the spices and cranberries. The cookies were not very sweet. If desired, add 125 ml (1/2 cup) white sugar.

Chevy Granola Bars

750 ml (3 cups) quick-cooking rolled oats
375 ml (1 1/2 cups) packed brown sugar
60 ml (1/4 cup) wheat germ
125 ml (1/2 cup) butter or margarine
60 ml (1/4 cup) corn syrup
60 ml (1/4 cup) honey
125 ml (1/2 cup) chocolate chips
125 ml (1/2 cup) flaked coconut

In a large bowl, combine oats, sugar and wheat germ. Cut in butter until mixture is crumbly. Stir in syrup and honey, mix until well combined. Stir in chocolate chips and coconut. Press into greased 2.5-l (9-inch) square pan.

Bake in 180 C (350 F) oven for 20 to 25 minutes or until golden. Let cool for 10 minutes, then cut into bars. Yield: about 15 bars.

Taste-tester notes: These homemade granola bars are tastier than the commercial variety — and you know what you are eating! I prepared the recipe in the food processor with good results (it would be difficult to properly mix in the syrup and honey by hand). If desired, add sunflower seeds or nuts to the batter along with the recommended chocolate chips and coconut.

TESTED
TASTE



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