

Bean Cookies

Makes 30 servings | Protein

Ingredients

- 2 cups oatmeal
- 1 cup whole wheat flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 cup brown sugar
- 15-ounce can or 2 cups cooked white kidney beans
- 1/4 cup butter
- 1 cup chocolate chips
- 1/2 cup ground flaxseed (optional)
- Non-stick cooking spray

Directions

1. Wash hands with warm, soapy water.
2. Preheat oven to 350°F. Spray a cookie sheet with cooking spray. [You can add a layer of tin foil to help prevent sticking.]
3. Add all ingredients except chocolate chips to a blender or food processor. Blend well until mixed.
4. Fold in chocolate chips. Mix well. Add a little water if needed to blend smoothly.
5. Scoop batter into small cookies and place spaced out on cookie sheet. Bake for 10-12 minutes, or until lightly browned.
6. Notes: If you don't have a blender, you can combine ingredients in a bowl. First mash the beans with a fork or potato masher.





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Nutrition Facts	
30 servings per container	
Serving size	1 cookie (35g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 2g	11%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	1%
Sodium 80mg	4%
Total Carbohydrate 16g	6%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 4g Added Sugars	7%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 21mg	0%
Iron 0.8mg	4%
Potassium 114mg	2%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.