



## Smart Cookie

### Boost your brainpower with wholesome oatmeal cookies

Researchers at the University of Toronto recently discovered that eating oatmeal provides an instant energy boost to the brain, improving memory and concentration. Besides this immediate benefit, the oats in oatmeal also contain a nearly perfect mix of proteins, essential fatty acids, and fibers to help fight disease and promote optimal mental and physical functioning.

Eating plain oatmeal is best, but as an alternative, this healthier version of the classic oatmeal cookie also offers plenty of sustenance.

*1/2 cup (125 ml) butter*  
*1/2 cup sucanat*  
*1 free range egg*  
*1 tsp (5 ml) pure vanilla extract*  
*1 Tbsp (15 ml) milk, nut milk, or kefir*  
*1 cup (250 ml) whole-wheat flour*  
*1/2 tsp (2 ml) baking soda*  
*3/4 tsp (4 ml) baking powder*  
*1/2 tsp salt*  
*1 cup (250 ml) rolled oats*  
*3/4 cup (175 ml) chocolate or carob chips or raisins*

Sift together flour, baking soda, baking powder and salt. Set aside. Beat butter until soft and fluffy. Add sugar gradually and beat until dissolved. Add egg and beat for one minute. Add vanilla and milk. Using low speed of mixer, add flour a spoonful at a time. Fold in oats and chocolate chips. Drop by heaping teaspoons onto a greased cookie sheet. Bake 12-15 minutes at 350°F.

For more great-tasting and good-for-you snacks, check out our [Healthy Recipes](#)