

# OATMEAL, CHOCOLATE & NUT COOKIES

## INGREDIENTS

1  $\frac{3}{4}$  cup whole wheat flour  
1 teaspoon baking soda  
1 teaspoon baking powder  
 $\frac{1}{2}$  teaspoon salt  
1 teaspoon cinnamon  
1 teaspoon nutmeg  
 $\frac{1}{2}$  pound (2 sticks) butter,  
softened  
1  $\frac{1}{2}$  cups packed brown sugar  
2 eggs  
3 teaspoons vanilla  
1-2 cups dark chocolate chips (or  
raisins/dried fruit)  
 $3 \frac{1}{2}$  cups old fashioned oats  
1-2 cups toasted walnuts, pecans  
or almonds (optional)

## METHOD

Preheat oven to 350°. Whisk dry ingredients (flour, baking soda, baking powder, salt, cinnamon and nutmeg) in a bowl.

In a separate bowl, beat together butter and sugar with an electric mixer. Add eggs and vanilla.

Add dry ingredients and mix until smooth.

Stir in chocolate, oats, and nuts by hand. Form dough into small balls and place on a baking sheet. Bake for about 10 minutes, until cookies are light brown at the edges.