



Navy Bean Oatmeal Chocolate Chip Cookies



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|---------------------------------------|---------------------|---------------------------|
| 1 (15 oz.) can navy beans,
drained | ½ c brown sugar | 1 tsp baking soda |
| ½ c margarine or butter,
softened | 2 eggs | 1 Tbls cinnamon |
| ½ c white sugar | 2 tsp vanilla | 2 c Quick-cooking oatmeal |
| | 2 c flour | ½ c chocolate chips |
| | 1 tsp baking powder | 1/3 c seedless raisins |

Directions:

- Puree the beans in food processor, or use a potato masher until a thick paste is formed.
- In a bowl cream together the bean puree, margarine and sugar.
- Add eggs and vanilla, blend well.
- Add all the rest of ingredients and combine thoroughly.
- Drop rounded tablespoons of dough onto greased cookie sheet, or spread the dough in a 9 x 13-inch greased baking pan.
- If dropping by tablespoons full bake at 375° for 16 minutes or until golden brown.
- If baking in a pan, bake at 350° for about 30 to 35 minutes or until toothpick comes out clean when inserted in middle.

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Nutrition Facts	
Serving Size (39g)	
Servings Per Container	
Amount Per Serving	
Calories 120	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	8%
Saturated Fat 1g	4%
Cholesterol 10mg	4%
Sodium 95mg	4%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	8%
Sugars 8g	
Protein 3g	
Vitamin A 2%	• Vitamin C 0%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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