

A Favorite Recipe of Cub LEAN's: Navy Bean Oatmeal Chocolate Chip Cookies

1 cup canned or cooked navy beans
1/2 cup butter
1 cup white sugar
1 cup brown sugar
2 eggs
1 teaspoon vanilla
1 cup all purpose flour
1 cup whole wheat flour
1 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon salt (optional)
2 cups old-fashioned oats
1/2 cup chocolate chips

1. Drain and rinse navy beans. Puree beans and 1-2 tablespoons water in food processor or blender until a thick paste is formed. Set aside.
2. Cream butter and sugars with mixer; add navy bean puree and continue to cream.
3. Add eggs and vanilla, blend well.
4. Mix flour, baking powder, soda and salt (optional) in small bowl. Add to creamed mixture. Stir in oatmeal and chocolate chips.
5. Refrigerate dough for several hours.
6. Preheat oven to 375 degrees.
7. Drop rounded tablespoons of dough onto a greased cookie sheet.
8. Bake 15-17 minutes or until golden brown. Cool on rack.

Nutrition Notes: Recipe yields 50 cookies, each with 95 calories, 3 g fat, 2 g saturated fat, 2 g protein, 17 g carbohydrates, 1 g fiber, and 75 mg sodium

Adapted from Northarvest Bean Growers Association - www.northarvestbean.org