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Healthy Breakfast Cookie Recipe

Nutty, Chewy Breakfast Cookies

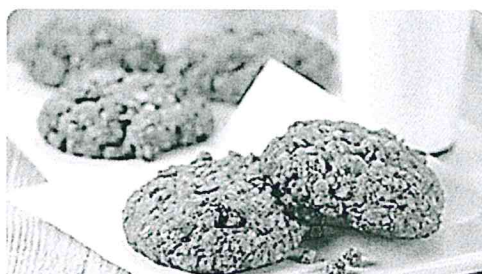
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Makes 12 Servings

\$0.25 per serving (As of December 2012)

Cookies for breakfast sound decadent, but with good-for-you ingredients like oats, whole wheat flour, almonds, raisins, and sunflower seeds, and canola oil versus butter, you can feel good about serving these cookies to your family. With a tall glass of low-fat milk, they bring fiber, protein, and health-enhancing fats to the breakfast table.



1½ cups quick-cooking oats
 1 cup whole wheat flour
 1/3 cup raisins
 1/3 cup unsalted, roasted sunflower seeds
 1/3 cup unsalted, toasted sliced almonds
 1 teaspoon baking soda
 1 teaspoon ground cinnamon
 ½ teaspoon salt
 2 large eggs, beaten
 1/3 cup canola oil
 1/3 cup honey
 1/3 cup brown sugar
 2 teaspoons vanilla extract

1. Preheat the oven to 350°F. Line 2 large baking sheets with aluminum foil, oil or coat with nonstick cooking spray, and set aside.
2. Whisk together the oats, whole wheat flour, raisins, sunflower seeds, almonds, baking soda, cinnamon, and salt in a large bowl until well combined.
3. In a separate bowl, whisk the eggs, oil, honey, brown sugar, and vanilla until well blended. Pour the liquid ingredients over the dry ingredients, and stir until just moistened.

4. Working in batches, use a ¼-cup measuring cup to scoop the batter and place on the prepared baking sheets, flattening slightly with the bottom of the measuring cup to create circles, about 3 inches in diameter. Leave about 2 inches between each cookie. If the batter starts to stick to the inside of the measuring cup, spray with cooking spray or simply wipe clean with a paper towel.
5. Bake, 1 sheet at a time, about 12 minutes, or until the cookies are golden brown on the bottom. Cool slightly on the baking sheet before transferring the cookies to a wire rack.

Nutrition Information per Serving (1 cookie): 240 calories, 11g fat (1g saturated, 0.6g omega-3), 210mg sodium, 31g carbohydrate, 3g fiber, 5g protein, 10% iron

Tip: The main “mix ins” in these cookies can easily be changed up. Instead of raisins, almonds, and sunflower seeds, try cranberries, chopped walnuts, and pumpkin seeds. Chopped pecans would be great too!

Nutty, Chewy Breakfast Cookies

Grocery List

Be sure to check your pantry before heading to the store!

1½ cups quick-cooking oats
 Whole wheat flour
 Baking soda
 Ground cinnamon
 Salt
 Honey
 Canola oil
 Brown sugar
 Vanilla extract
 1/3 cup raisins
 1/3 cup unsalted, roasted sunflower seeds
 1/3 cup unsalted, toasted sliced almonds
 Large eggs

Recipe courtesy of [Meal Makeover Moms](#) 

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Successful weight loss strategies



Read between the lines

How you sleep, eat, and relax can impact your skin. Learn how to keep it looking youthful.



Celebrate 100 birthdays – or more!

Yes, you can live to 100! Age healthily by eating well, exercising, and avoiding things that hurt your life expectancy.

Preventive potential

Researchers are seeing a lot of potential in blueberries to promote good health. Scientists are studying the role they may play in cardiovascular and brain health, the body's insulin response, and cancer treatment and prevention.

According to the American Institute for Cancer Research, blueberries contain compounds called anthocyanosides, which many scientists believe are among the most potent antioxidants yet discovered.³ That's important, because antioxidants may prevent or delay some types of cell damage.⁴

Serving ideas

For breakfast, toss a few blueberries into your cereal, yogurt, or smoothie. At lunchtime, add them to your fresh greens or chicken salad. Or just grab a handful.² Blueberries make **healthy office snacks**. Fresh ones are plentiful right now, so this is a great time to add them to your diet. But frozen blueberries are a good substitute.

It's hard to go wrong when it comes to eating blueberries. They add eye appeal, flavor, and lots of healthy nutrition.

Blueberry blast smoothie

Simple, healthful, and delicious. Everything you want in a smoothie, this is sure to become one of your favorite **quick recipes!**

Ingredients

- ½ cup nonfat or 1 percent low fat milk
- ½ cup nonfat plain yogurt
- 1 cup frozen blueberries (unsweetened)
- 1 teaspoon honey

Directions

Put all ingredients into a blender and blend until smooth.
Yield: 1 serving, about 2 cups.⁵

Did you know?

Americans are eating more blueberries than ever. Per capita consumption of blueberries rose from 20.2 ounces in 2005 to 34.9 in 2010. This year, it's expected to reach 50 ounces. Looks like we're finally figuring out just how good these little berries can be!¹

Sources:

¹ <http://www.blueberrycouncil.org/health-professionals/blueberry-nutrition/>

² <http://www.blueberrycouncil.org/health-professionals/health-tips/>

³ http://www.aicr.org/foods-that-fight-cancer/foodsthatfightcancer_berries.html

⁴ <http://www.nlm.nih.gov/medlineplus/antioxidants.html>