



Healthy Breakfast Cookies

With Insta Grains® Pearled Barley Flaked and Insta Grains Oat Flakes

INGREDIENTS	US/Oz	METRIC/g
Softened Butter	8.5	225
Packed Light Brown Sugar	5.1	180
Granulated Sugar	3.5	100
Large Eggs	3.5	100
All Purpose Flour	4.4	150
Whole Wheat Flour	2.1	70
Baking Soda	0.2	6
Fresh Ground Cinnamon	0.1	3
Vanilla Extract	0.2	6.2
Salt	0.1	3.5
INSTA GRAINS® PEARLED BARLEY FLAKES	7.1	200
INSTA GRAINS® OAT FLAKES	1.4	40
Dried Apricots, chopped	3.4	75
Dried Blueberries	4.1	110

1. Preheat oven to 350° F.
2. If you do not want to use blueberries and apricots 1 ½ cup or 185g of any type of dried fruit would work, such as raisins.
3. Mix in large bowl sugars and butter until creamy, 2 minutes on medium speed.
4. Scrape sides frequently.
5. On low speed add in one egg at a time until well mixed.
6. Add in dry ingredients just until blended.
7. Scrap bowl and stir in flake ingredients and fruits.
8. Drop by tablespoon on ungreased cookie sheet.
9. Bake 14-15 minutes.
10. Cool on wire racks.

BENEFITS OF BRIESS INGREDIENTS

Insta Grains® are quick cook ingredients, no soak or pre-cook required

Insta Grains® have low micros and digest easily

Helps achieve a heart healthy label claim:

100 grams of Insta Grains® Pearled Barley Flakes deliver

16 grams dietary fiber & 4 grams soluble fiber

+

100 grams of Insta Grains® Oat Flakes deliver

11 grams dietary fiber & 4 grams soluble fiber

Low fat

Trans fat free

Caffeine free

All natural

Kosher certified

Non-GMO

Made in the U.S.A.

Source multiple ingredients from one supplier