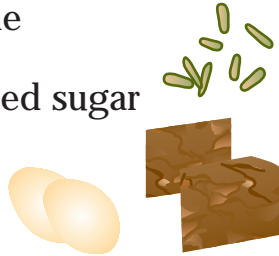


# Sunflower Oatmeal Bar Cookies

## Ingredients:

- 3/4 cup raisins plus 1 tablespoon water to soften, if needed
- 1/2 cup margarine
- 1/4 cup oil
- 1/4 cup granulated sugar
- 1/2 cup honey
- 1/4 cup dry milk
- 2 eggs
- 1 teaspoon vanilla
- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 teaspoon cinnamon
- 2 cups oatmeal (not instant)
- 1 cup sunflower seeds (roasted)



## Preparation:

1. Preheat oven at 350° F. Spray a 15 1/2 -by-10 inch baking pan with pan spray.
2. Add water to raisins and let them heat covered for 20 seconds in a microwave oven.
3. Combine and beat the margarine, oil, sugar, honey and dry milk powder. Add the eggs and vanilla, and beat until well blended.
4. Stir together and beat in the flours, baking soda, cinnamon, and baking powder at a low speed. Then add the oatmeal and sunflower seeds. Stir the raisins in last.
5. Spoon onto the sprayed baking pan. Press gently until level. Bake for 20 minutes or until the cookie is golden brown.
6. Cool the pan on a wire rack. (If you like a crispier cookie, drop teaspoons onto a greased cookie sheet. Bake 10-12 minutes.)

Makes about two dozen bar cookies

Amount Per Serving	
<b>Calories</b> 200	<b>Calories from Fat</b> 90
% Daily Values*	
Total Fat	9g 15%
Saturated Fat	1.5g 8%
Cholesterol	20mg 6%
Sodium	75mg 3%
Total Carbohydrate	26g 9%
Dietary Fiber	2g 10%
Sugars	11g
Protein	4g
Vitamin A 4%	Vitamin C 0%
Calcium 4%	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