

Whole Wheat, Oatmeal and Amaranth Fruitcake Cookie

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-colony-fruitcake-cookie-recipe>

Ingredients:

- 1 1/4 cups whole wheat flour
- 1 cup oats
- 1/2 cup flour Amaranth
- 1 tablespoon ground flax seeds
- 1/2 teaspoon baking powder slightly heaped
- 1/2 teaspoon baking soda slightly heaped
- 1/2 cup light brown sugar Soft, Add lesser if you like it less sweet
- 3/4 cup rum soaked dry fruits, Any excess liquid drained
- 1/4 cup chopped walnuts Coarsely
- 2 tablespoons dark chocolate chips
- 3/4 cup vegetable oil
- 1 beaten egg OR 1 Mashed banana to replace egg
- 5 tablespoons milk

Nutrition:

1. Calories: 1020 calories
2. Carbohydrate: 98 grams
3. Cholesterol: 20 milligrams
4. Fat: 53 grams
5. Fiber: 11 grams
6. Protein: 17 grams
7. SaturatedFat: 5 grams
8. Sodium: 260 milligrams
9. Sugar: 31 grams
10. TransFat: 1 grams

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