

## Grannie's Peanut Butter Cookies

**SAMPLE**



Grandma's  
Cookies Card **6**

Group **16**



Creamy and crispy at the same time. And rolled oats and bran give these peanut butter cookies a nutritional boost.



Preparation time: 5 to 10 min.  
Baking time: 15 to 18 min.



Oven temperature:  
350°F



Microwave cooking:  
see other side

### For 7 dozen cookies you will need:

- 1 cup butter or margarine
- $\frac{3}{4}$  cup brown sugar
- $\frac{3}{4}$  cup granulated sugar
- 1 tsp. vanilla
- 1 cup peanut butter, creamy or chunky
- 2 eggs, beaten
- $1\frac{1}{4}$  cups all-purpose flour
- 1 cup bran
- $\frac{3}{4}$  cup rolled oats
- 2 tsp. baking soda

### Preparation:

- 1** Melt butter. Beat together with the sugars, vanilla, peanut butter and eggs.
- 2** In a separate bowl, combine the flour, bran, oats and baking soda.
- 3** Stir mixture into butter mixture.
- 4** Drop by teaspoons onto ungreased cookie sheet.
- 5** Bake at 350°F for 15 to 18 minutes.
- 6** Remove to a rack to cool.

**QUICK & EASY**

### Tips:

Everyone has heard about the benefits of fiber. Oat and bran can significantly lower blood cholesterol in addition to adding fiber. Experiment with your own recipes.



# How to Microwave

## Grannie's Peanut Butter Cookies



**Microwave setting** . . . . . HIGH 100%  
**Microwave cooking**  
**time** . . . . . 4 to 5 min.

### For 32 bars you will need:

- 1 cup butter or margarine
- $\frac{3}{4}$  cup brown sugar
- $\frac{3}{4}$  cup granulated sugar
- 1 tsp. vanilla
- 1 cup peanut butter, creamy or chunky
- 2 eggs, beaten
- $\frac{1}{4}$  cup all-purpose flour
- 1 cup bran
- $\frac{3}{4}$  cup rolled oats
- 2 tsp. baking soda

### Preparation:

- 1** Place butter in a microsafe bowl, breaking it up into pieces.
- 2** Microwave at HIGH power for about 45 seconds. Cover with wax paper to prevent spattering.
- 3** Beat in the sugars, vanilla, peanut butter and eggs.
- 4** Combine flour, bran, oats and baking soda. Stir into butter mixture.
- 5** Press out half of dough into an 8-by-8-inch microsafe dish.
- 6** Shield corners of dish with foil to prevent overcooking.

- 7** Microwave at HIGH power for 4 to 5 minutes, turning a quarter turn 3 times during baking.
- 8** Cool before cutting into bars.
- 9** Repeat with second batch of dough.

PER SERVING		PERCENTAGE OF USRDA	
Calories	81	Protein	2.9%
Protein	1.9 g	Calcium	1.2%
Fat	5.2 g	Iron	2.3%
Carbohydrates	7.2 g	Vitamin A	2.4%
Sodium	78 mg	Vitamin C	0.0%

