

The 129-Calorie Oatmeal Raisin Chocolate Chip Cookie

(The secret to this cookie is: No Walnuts!)

One Cup Soft Butter

One Cup Dark Brown Sugar

Cream these two together and add:

Two Eggs

One Tablespoon Vanilla

Blend together vigorously.

Mix together these dry ingredients :

Two and One Half Cups Whole Wheat Pastry Flour

One Half Teaspoon Salt

One Half to One Teaspoon Baking Soda

(depending on your altitude)

Mix into creamed ingredients and then mix in:

One Cup Rolled Oats

One Cup Raisins

One Cup Chocolate Chips

Make forty cookies. Bake at Three Fifty, but

Don't bake them too Long!

