

## GIANT BARLEY RAISIN COOKIES

3/4 C. sugar  
1/3 C. honey  
1/2 C. margarine or butter  
2 egg whites  
1 tsp. vanilla  
1/2 tsp. grated orange peel (optional)  
1/2 C. raisins

1 1/4 C. Barley Cereal, uncooked  
1 C. all-purpose flour  
1/2 tsp. Cinnamon  
1/4 tsp. nutmeg  
1/2 tsp. baking soda  
1 C. Oat Flakes (quick or old fashioned, uncooked)

Preheat oven to 350 F. Beat sugar, honey, and margarine or butter until light and fluffy. Add egg whites, vanilla and orange peel; beat until well blended. Gradually add combined Barley Cereal, flour, oat flakes, cinnamon, nutmeg and baking soda, mixing well. Stir in raisins. Drop by scant 1/4 cup onto greased cookie sheet. Gently press into 3-inch circle. Bake 14 to 16 minutes or until light golden brown. \* Cool 1 minute on cookie sheet; remove to foil. Cool completely. Store tightly covered in freezer or at room temperature. DO NOT OVERBAKE.

Makes 1 1/2 dozen Dietary Fiber approximately 2.5 g/cookie.

\* Cookies may be dropped by tablespoonfuls onto greased cookie sheet and baked for 9 to 10 minutes. Makes 3 dozen.

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## BARLEY OATMEAL CHOCOLATE CHIP COOKIES

1 C. margarine or butter \*  
1/2 C. brown sugar  
1/2 C. granulated sugar  
1 tsp. vanilla  
2 egg whites  
1 1/2 C. all-purpose flour 1/2 tsp. cinnamon (optional)

1 tsp. baking soda  
1 tsp. salt (optional)  
1 C. Barley Cereal, uncooked  
1 C. Oat Flakes  
1/2 pkg. (6 oz) semi-sweet chocolate bits  
1/4 tsp. nutmeg (optional)

Preheat oven to 350 F. In large bowl cream margarine or butter, brown sugar, granulated sugar and vanilla. Add egg whites and mix thoroughly. Combine the baking soda, salt and flour and add to creamed mixture. Mix until thoroughly combined. Add Barley Cereal, oat flakes and chocolate bits and continue mixing until ingredients are thoroughly combined. Drop by tablespoonfuls onto greased cookie sheets. Bake approximately 10-13 minutes.

Makes 4 dozen (or 2 dozen Giant cookies)

\*Variation: Use 1/2 C margarine or butter and 1/2 C applesauce