



1 Point Flax Cookies

These are my husband Gordon's favourite cookies. He keeps them in the freezer because they stay crispy that way.

- 1/4 cup softened butter
- 1/3 cup yogourt
- 1/2 cup packed brown sugar
- 1/3 cup granulated sugar
- 1 egg
- 1/3 tsp vanilla
- 1cup all purpose (or brown) flour
- 3/4 cup quick cooking rolled oats
- 1/2 cup crushed nuts
- 2 tbs wheat germ
- 2/3 cup flaxseeds
- 1 tsp baking soda

Beat butter and sugars. Add egg and vanilla. In a separate bowl, mix flour, nuts, wheat germ, oats, flaxseeds and baking soda. Stir into butter mixture to form soft dough.

Drop by level tablespoonfuls onto un-greased rimless banking sheets. Bake in top and bottom thirds of 350 degree oven, rotating half way through until golden, about 12 minutes. Cool for two minutes before transferring to wire rack. Makes 40 cookies.

69 calories, 2-3 g fat, 1-2 g fibre.