

**LITTLE RED HEN**

Upinngil Home Bakery

www.upinngil.com

413-863-4431

*Upinngil Whole Grain***Cow Girl Cookies****Ingredients:**

2 c. Upinngil Whole Grain Wheat Flour  
1/2 c. all-purpose flour  
2 c. sugar  
2 tsp. baking powder  
1 tsp. salt  
1/2 tsp. cinnamon  
1/2 tsp. ginger  
1/4 tsp. nutmeg  
3/4 c. thick rolled oats  
1/2 c. raisins  
1/2 c. raisins  
1/4 c. chopped dried mango  
1/2 c. unsweetened coconut  
1/2 c. sliced almonds  
2 tbs. flax seeds  
1/4 c. sunflower seeds  
8 oz. (2 sticks) butter  
2 tbs. milk  
2 eggs

**Directions:**

- 1) In a large mixing bowl, whisk together dry ingredients. Stir in dried fruit, nuts, and seeds.
- 2) Melt butter in small saucepan over low heat.
- 3) Add melted butter, milk and egg to dry ingredients. Mix thoroughly.
- 4) Grease two baking sheets or line with parchment paper. Drop dough onto pans in tablespoon-fulls.
- 5) Refrigerate pans 1 hour or freeze 30 min. to prevent the cookies from spreading while they bake.
- 6) Preheat oven to 375F. Bake 12-14 minutes until done.

Enjoy!

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