

## Laura's Soy Good Oatmeal Cookies

—Blue ribbon and special 4-H award winner at the 1999 Iowa State Fair

1/4 cup raisins	2 tablespoons soy flour
1 cup brown sugar	All-purpose flour
1/2 cup granulated sugar	1 teaspoon salt
1/2 cup soy oil margarine	1/2 teaspoon baking soda
1 egg	4 cups old-fashioned rolled oats
1 teaspoon vanilla	1/2 cup soy nuts

Place raisins in glass measuring cup; add enough water to cover; heat in microwave oven on HIGH for 5 minutes. Drain, reserving 1/4 cup water. Set raisins aside. In mixing bowl combine the reserved 1/4 cup water, brown sugar, granulated sugar, margarine, egg, and vanilla. Beat until creamy. Place soy flour in 1-cup measure; add enough all-purpose flour to make 1 cup. Add flour, salt, and soda to creamed mixture. Beat well. Stir in oats, raisins, and soy nuts. Drop by teaspoonfuls onto greased cookie sheets. Bake at 350° for 11 minutes. Makes about 5 dozen.

**Approximate value per cookie:** 65 calories 2.2g fat 0.3g dietary fiber 1.5g protein

## Crispy Soy Bars

—High-protein variation of Rice Krispies® Treats

3 tablespoons soy oil margarine
1 10- or 16-ounce bag miniature marshmallows
3/4 cup creamy peanut butter
5 cups dry granular textured soy protein product
1 cup soy nuts

Place margarine in large non-metal bowl. Heat in microwave oven on HIGH about 45 seconds. Stir in marshmallows. Heat at 60% power for 3 minutes. Stir in peanut butter. Heat at 60% power for 1 minute. Stir in textured soy protein product and soy nuts. Spread in greased 13x9x2-inch pan. Cool. Cut into 24 bars.

**Approximate value per bar:** 165 calories 6.7 g fat 1.3g dietary fiber 9.1g protein

Recipes developed by Laura Temple and Jan Temple, extension nutrition and health specialist; edited by Diane Nelson, communication specialist. Extension programs are available to all.

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