THE J.M. SMUCKER Co

Crunch Cookies

Prep Time	Cook Time	Serves	Difficulty
20 mins	15 mins	60	N/A

Ingredients

- 1 cup (250 mL) butter, softened
- 1 cup (250 mL) packed brown sugar
- 1/2 cup (125 mL) honey
- 2 eggs
- 1 tsp (5 mL) vanilla extract
- 1 1/2 cups (375 mL) **Robin Hood®** All Purpose Whole Wheat Flour

  Robin Hood® Whole Wheat All Purpose Flour

- 1/2 cup (125 mL) wheat germ
- 1 tsp (5 mL) baking soda
- 1/2 tsp (2 mL) salt
- 1 1/2 cups (375 mL) **Robin Hood®** Oats

  Robin Hood® Quick Oats

- 1 1/2 cups (375 mL) dried cranberries
- 1 cup (250 mL) chopped almonds
- 1/3 cup (75 mL) sunflower seeds
- 1/3 cup (75 mL) flax seeds
- 1/3 cup (75 mL) sesame seeds
- 1/3 cup (75 mL) pumpkin seeds

Directions

Step 1:

Preheat oven to 375°F (190°C). Line baking sheets with parchment paper.

Step 2:

Cream butter, brown sugar, honey, eggs and vanilla together thoroughly in a large mixing bowl.

Step 3:

Combine, in a separate large bowl, flour, wheat germ, baking soda and salt. Add to creamed mixture gradually, beating until blended. Stir in oats, cranberries, nuts and seeds. Mix well. Drop dough by heaping teaspoonfuls (5 mL) about 2” (5 cm) apart onto greased cookie sheet.

Do your kids know which number the electric mixture should be on? Show them that you use number 5 for liquid mixtures, number 1 for adding dry mixtures, and number 3 for incorporating all the ingredients.

Step 4:

Bake in preheated oven for 10 to 15 minutes or until golden. Cool for 5 minutes on sheet, then transfer to rack and cool completely.

Let your kids set the timer on the stove. If they have an hourglass timer from a board game, let them see how many times they have to turn it over before the cookies are ready.

Images

