

# Heart Smart Cookies

## Dry ingredients:

2 cups whole wheat flour  
1/2 cups oat bran  
1/4 cup ground flax seed  
1 tsp salt  
1 tsp baking soda

## Wet ingredients:

3/4 cup brown sugar  
3/4 cup non hydrogenated margarine  
2 eggs  
1 tsp vanilla

## Optional:

1 cup walnuts, chopped  
3/4 cup chocolate chips (optional)

1. Pre-heat oven to 350 F.
2. Mix dry ingredients together.
3. Mix brown sugar and margarine together. Mix rest of wet ingredients together.
4. Stir in nuts and chocolate chips (if using).
5. Drop by tablespoon, 2 inches apart on a baking sheet.
6. Bake for 10-12 min.