

# Sprouted Wheat Cookies – Reduced Sugar

Reduce sugars with InnoSweet™ Sprouted Whole Wheat Powder

<b>Ingredients</b>	<b>Volume</b>	<b>Grams</b>	<b>Percent</b>
Butter or Margarine, Softened	1/2 cup	113	11.9
Brown Sugar	1/4 cup	50	5.2
<b>InnoSweet™ Sprouted Whole Wheat Powder</b>	<b>1/4 cup</b>	<b>64</b>	<b>6.7</b>
<b>BriesSweet™</b>			
<b>White Grain Sorghum Extract 60DE</b>	<b>1/2 cup</b>	<b>160</b>	<b>16.8</b>
Egg	1 large	50	5.3
Vanilla Extract	1 tsp	5	0.5
<b>Insta Grains® Sprouted Red Wheat Flakes</b>	<b>1 cup</b>	<b>95</b>	<b>11.0</b>
<b>Insta Grains® Malted Wheat Flakes</b>	<b>1/2 cup</b>	<b>50</b>	<b>4.7</b>
Whole Wheat Flour	1 cup	113	14.7
<b>Insta Grains® Sprouted Red Wheat, Fine Grind</b>	<b>1/4 cup</b>	<b>40</b>	<b>4.2</b>
Salt	1/4 tsp	1.5	0.2
Ground Cinnamon	1 tsp	2.8	0.3
Baking Soda	1/2 tsp	2.5	0.3
Raisins or Butterscotch Chips	1 cup	150	15.8



## Method

1. Preheat oven to 350° F.
2. In medium bowl, beat butter with sugar until thoroughly blended.
3. Add BriesSweet™ White Grain Sorghum Extract into butter mixture.
4. Blend in egg and vanilla, mixing until smooth.
5. In separate bowl, mix together Insta Grains® flakes/grit, flour, InnoSweet™, salt, cinnamon and baking soda.
6. Blend dry ingredients into sorghum mixture.
7. Add chips or raisins into mix.
8. Drop by the tablespoon onto parchment lined cookie sheet.
9. Bake 12-14 minutes.

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