

Sprouted Wheat and Fruit Breakfast Cookies

Reduce added sugars by 50% with InnoSweet™ Sprouted Whole Wheat Powder

Ingredients	Volume	Grams	Percent
Butter, Softened	3/4 cup	167	14.1
Light Brown Sugar	1 cup	180	15.2
Granulated Sugar	1/4 cup	50	4.2
InnoSweet™ Sprouted Whole Wheat Powder	1/2 cup	80	6.8
All Purpose Flour	1 cup	150	12.7
Insta Grains® Sprouted Red Wheat, Fine Grind	1/2 cup	60	5.1
Insta Grains® Sprouted Red Wheat, Cracked	1/2 cup	40	3.4
Insta Grains® Malted Wheat Flakes	2 cups	185	15.6
Eggs	2 large	100	8.5
Baking Soda	1 tsp	6	0.5
Ground Cinnamon	1 tsp	3	0.3
Salt	1/2 tsp	2.5	0.2
Vanilla Extract	1-1/2 tsp	9	0.8
Dried Blueberries	3/4 cup	85	7.2
Dried Apricots, Chopped	1/2 cup	65	5.5



Method

1. Preheat oven to 350° F (200° C).
2. Cream butter, brown sugar and granulated sugar.
3. In large bowl combine dry ingredients.
4. On low speed mix eggs, one at a time, into butter mixture.
5. Blend dry ingredients into wet ingredients on low speed just until incorporated.
6. Stir in dried fruits.
7. Drop by tablespoons on parchment lined cookie sheet.
8. Bake 14-15 minutes.
9. Cool on rack.

Briess Malt & Ingredients Co.

625 South Irish Road
Chilton, WI 53014

www.Briess.com

info@briess.com

920.849.7711