

Nutrition In A Nutshell

Morning Fuel: Almond Breakfast Cookies

(NAPSA)—The next time you see a handful of roasted almonds, take a good look. They can pack quite a nutritious punch. “Almonds might just be the perfect fuel,” says nutritionist Elizabeth M. Ward, MS, RD.

High in vitamin E, almonds provide fiber, protein, calcium and other nutrients along with heart-healthy fats and no cholesterol. A handful a day has been shown to lower LDL, “bad,” cholesterol levels.

Research shows almonds may also help people maintain and even lose weight. A study in the *British Journal of Nutrition* found that people who added an average of 52 grams of almonds a day (about two one-ounce handfuls) to their regular diet improved their overall nutrient intake, including monounsaturated and polyunsaturated fats, dietary fiber, vegetable protein and vitamin E and saw a decrease of trans fats, sodium, cholesterol and sugars.

You can “rev up” in the morning with fruit and these Almond Breakfast Cookies—a wholesome, portable, not-too-sweet treat that can be baked on the weekend and stored throughout the week.

Almond Breakfast Cookies

- 1 egg
- ¼ cup almond oil
- 3 tablespoons honey
- ¼ teaspoon salt
- ¼ teaspoon ground cinnamon
- 1 cup crispy rice cereal
- ¾ cup sliced almonds, roasted
- ½ cup Grape Nuts® or other natural whole grain, wheat and barley cereal
- 3 tablespoons wheat germ
- 3 tablespoons whole-wheat



Start your engine with Almond Breakfast Cookies.

flour

To roast slivered almonds: Spread in an ungreased baking pan. Place in 350° F oven and bake 5 to 6 minutes or until golden brown and fragrant; stir once or twice to assure even browning. Note that almonds will continue to roast slightly after removing from oven.

Whisk together egg, almond oil, honey, salt and cinnamon in a large bowl. Add remaining ingredients and stir with a wooden spoon. Drop dough by rounded teaspoons about 2 inches apart on a lined baking sheet. Bake at 300° F for 15 minutes, or until edges are firm. Let cool completely before removing from sheet. Serve, or store airtight up to one week. Makes 24 cookies.

Visit www.AlmondsAreIn.com for Breakfast Cookies nutritional information and more tasty and