



MUSEUM of
NORTHERN
ARIZONA

Celebrating the Colorado Plateau

Make Blue Corn Cookies

These tasty cookies combine fiber-rich and nutritious ingredients with spices and chocolate chips. Younger kids will need parental help with this project.

Ingredients

1 ½ cups Blue Corn Meal
1/3 cup of canola oil
1 cup of brown sugar
1 large egg or 2 large egg whites
1 cup flour
3 cups oatmeal
1/3 cup of oat bran*
¼ cup of wheat germ*
¼ cup of wheat bran*
1 ½ teaspoons baking soda
1 teaspoon cinnamon
½ teaspoon cloves
½ teaspoon nutmeg
1 cup milk
1 ½ teaspoon vanilla
1 cup raisins
1 cup chopped walnuts or pecans
1 cup chocolate chips

Directions

- 1) Preheat oven to 350 degrees.
Mix the oil and sugar together in a bowl.
- 2) Add the egg and mix well.
- 3) Add the blue corn and the rest of the dry ingredients.
- 4) Add milk and vanilla and mix. If the batter is crumbly, add another teaspoon or two of milk. The batter should hold together but be able to be scooped up with a spoon and dropped onto a pan.
- 5) Add raisins, nuts and chocolate chips.
- 6) Drop by teaspoons onto an ungreased baking sheet
- 7) Bake in the oven for 25-30 minutes, or until lightly brown on the bottom.

*If you don't have oat bran, wheat germ, or wheat bran, just substitute with an additional ¼ cup blue corn meal and ½ cup flour.