



Taste and Savor

1 Quick Recipe:

Crunchy Orange Oatmeal Cookies

- 2 1/4 Cups Plain Rolled Oatmeal
- 3 TBs Fresh Orange Juice
- Zest of an Orange
- 1/2 Tsp Baking Powder
- 1/2 Tsp Baking Soda
- 1/4 Tsp Fine Sea Salt
- 1/4 Tsp Freshly Grated Nutmeg
- 1/4 Tsp Cinnamon
- 1 Cup Whole Wheat Pastry Flour (or All Purpose Flour)
- 3 TBs Unsalted Butter, Softened
- 3 TBs Avocado Oil
- 1 Cup Brown Sugar
- 1 Large Egg White
- 2 Tsp Vanilla Extract

Preheat the oven to 350F. Prepare 2 baking sheets with parchment paper

Step One Stir together the Oats, OJ and Zest in a bowl and set aside.

Step Two Stir together the next 7 ingredients - from the Baking Powder through the Flour. Set Aside.

Step Three With a mixer, beat the Butter and Oil until well blended. Add the Brown Sugar, Egg White and Vanilla. Beat until smooth. Beat in the Flour mixture - and then stir in

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4



the Oatmeal mixture.

Step Four Pitch off and roll the cookie dough into 1 inch balls. Flatten them with a glass dipped in the Raw Sugar. Bake the cookies for 8-10 minutes.

2 Kitchen Scoop

Do you know how to measure Brown Sugar correctly? It has lots of moisture, so it should be measured by

packing it into a cup, then leveling off the top with the back of a knife. When you empty the cup, the sugar should stay in the shape of the cup.

3 Clever Idea

Orange Zest and Juice are great natural ingredients that add lots of sweet flavor - without adding additional sugar. Next time your baked good is a little blah - add the zest of an orange to your recipe. You will be surprised how amazingly good it will taste!

4 Cheers!

**Vietti Moscato d' Asti
Piedmont, Italy**

About \$18.00

Orange Cookies and Moscato? A Match made in heaven. Italy, France, Greece, Spain, Australia and California all grow this grape - one of the oldest known to mankind. Sometimes sparkly, sometimes still, its the perfect dessert wine with all kinds of sweet fruit treats. This one, from Italy is full of "peachy-grapey-musky" aromas with a soft, luscious, bright peach and honey flavor.