

In recognition of Heart and Stroke Prevention Month, the Camrose Primary Care Network would like to offer you some heart healthy recipes—approved by the Camrose PCN dietitian! Each recipe is named after one of our 2011/12 Board of Directors in recognition of their dedication and support of healthy lifestyle prevention initiatives in our community. Happy Cooking!



## Dr. Bredeesen's Fudgy Soft Cookies

These cookies taste like cakey brownies that have the addition of fibre and a deep chocolaty flavour that kids love. Perfect tucked into a lunch bag or for an addition to an after school snack with milk.



Developed by Emily Richards, PH Ec. ©The Heart and Stroke Foundation 2011.

### Ingredients

- 250 mL (1 cup) pitted Medjool dates (about 12) or prunes, chopped
- 75 mL (1/3 cup) low fat milk
- 50 mL (1/4 cup) soft non-hydrogenated margarine
- 175 mL (3/4 cup) whole-wheat flour
- 75 mL (1/3 cup) unsweetened cocoa powder
- 2 mL (1/2 tsp) each baking soda and baking powder
- 60 mL (1/4 cup) granulated sugar
- 1 egg
- 5 mL (1 tsp) vanilla extract

### Directions

1. In large microwavable bowl combine dates, milk and margarine. Cover and microwave on High for 1 minute or until steaming. Using a fork or potato masher, mash the date mixture. Let cool slightly.
2. In another bowl, combine flour, cocoa powder and baking soda and powder; set aside.
3. Using an electric mixer, beat sugar into date mixture. Beat in egg and vanilla until combined. Gradually add flour mixture and beat until combined.
4. Using a tablespoon (15 mL) or mini ice cream scoop drop batter on parchment paper lined baking sheet about 5 cm (2 inches) apart. Bake in centre of 190°C (375°F) oven for 10 to 12 minutes or until just firm to the touch. Let cool on pan on cooling rack. Repeat with remaining batter.

Storage tip: Keep in re-sealable plastic bag or airtight container for about 3 days in the refrigerator or in freezer for up to 3 weeks.

*Nutritional Information per serving (one cookie)*

Calories: 74 ♦ Protein: 1 g ♦ Total fat: 2 g ♦ Saturated fat: 0 g ♦ Cholesterol: 8 mg ♦ Carbohydrate: 14 g ♦  
Fibre: 2 g ♦ Sugars: 10 g ♦ Sodium: 45 mg ♦ Potassium: 123 mg



Camrose Primary Care Network  
Room 1108 Suite 4 Edgeworth Center Camrose, Alberta T4V 4E3  
780.608.4927 www.camrosepcn.com

