Betty's Nutritious Ranger Cookies Recipe

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In this video, Betty demonstrates how to make a nutritious cookie for packing in lunch boxes—her delectable Ranger Cookie. This is the full recipe (with a minor substitution), but you may reduce the amount of sugar for a cookie that is not as sweet, but is still excellent and very healthy (as cookies go)!

Ingredients:
½ cup butter or margarine, softened to room temperature
½ cup white sugar
½ cup light brown sugar
1 egg, well-beaten
½ teaspoon vanilla extract
1 cup self-rising flour
1 cup quick oats
1 cup Wheaties cereal, crushed a little (You may use any flaked cereal, like Total, Special-K, or raisin bran)
½ cup chopped pecans (You may substitute ½ cup of any one of the following: raisins, flaked coconut, or chocolate chips)
cooking oil spray

In a medium-sized bowl, use a fork to mix ½ cup butter or margarine, ½ cup sugar, and ½ cup brown sugar until well blended. Set aside. In a large mixing bowl, beat 1 egg. Add the butter/sugar mixture and ½ teaspoon vanilla to the beaten egg. Blend well. Now, add 1 cup quick oats, 1 cup Wheaties, ½ cup chopped pecans, and 1 cup self-rising flour. Mix together. The dough will be chunky when mixed. You may drop dough by rounded teaspoonfuls 2-inches apart on a baking pan or cookie sheet that has been sprayed with cooking oil spray. Or, you may form the rounded teaspoonsfuls of dough into 1 ½-inch circles, and place them on your prepared baking pan. Bake for 10 minutes. Using an appropritate utensil, Immedi-ately remove cookies from baking sheet to ran attractive serving dish. Serve immediately, while warm, or let them cool and store them in a closed container for packing in lunches (wrapped individually). These are a favorite cookie around my house. They please everyone, regardless of age! Plus, even though they do contain fat and sugar, they are more than just a sugar cookie—they are packed with lots of ingredients that you might otherwise have a hard time getting your child to eat! We love them!!!