



Chocolate Chip Oat Koji Cookies

A delicious way to enjoy a breakfast or quick snack

- 1-1/4 cups all-purpose flour
- 1 cup quick cooking oats (not instant)
- 1 teaspoon baking soda
- 1 teaspoon pumpkin pie spice or cinnamon
- 1/2 cup light brown sugar, lightly packed
- 1/2 cup granulated sugar
- 1/2 cup unsalted butter, at room temperature
- 1 large egg
- 1/4 cup miso paste
- 1-1/2 teaspoons pure vanilla extract
- 3/4 cup dark chocolate chips
- 1/2 cup dried cranberries
- 1/2 cup chopped walnuts
- Nonstick cooking spray for the baking sheet, if needed

- In a medium bowl, combine flour, oats, baking soda, and pumpkin pie spice; set aside.
- In a mixing bowl, combine both sugars and butter; beat until smooth.
- Add egg, miso, and vanilla; beat until well mixed.
- Add flour mixture slowly, just until well combined.
- Stir in chocolate chips, cranberries, and walnuts. Cover bowl with plastic wrap; refrigerate at least 1 hour. (This allows the ingredients to blend.)
- Line two cookie sheets with parchment paper or nonstick baking sheets.
- Preheat oven to 350 degrees F. Use an upper rack in the oven.
- Using a 3 Tablespoon cookie scoop, place cookie dough on the prepared pans about 2 to 3 inches apart.
- With your hand flatten dough into round cookies. Bake for about 9 to 10 minutes.
- Yield: about 20 to 22 large cookies

About the Recipe: These umami oat cookies are delicious and full of nutritional benefits compared to sugary breakfast cereals. Miso, a fermented product, helps your gut stay healthy and improve digestion. Adding some healthy fats like walnuts or chocolate chips makes these cookies tasty as well as nutritious. It's a great grab-'n'-go idea for those busy mornings.