

**FSHN 381
NEW Recipe Form**

Project: High Fiber Cookie

Date: 10/30/08

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Recipe Name: Bamboo Fiber High Fiber Cookie

Serving Size (g): 40 g

Number of Servings: 7

Serving Size (cup, tsp, etc): 2 cookies

Ingredients List

Ingredient	Weight (grams)	Household Measurement (cup, tsp, etc)
All-Purpose Flour	59 g	5/8 cup
JustFiber BV 200 Bamboo Fiber	35 g	1/3 cup
Baking Powder	1 g	1/4 tsp
Salt	1 1/2 g	1/4 tsp
Butter	60 g	1/4 cup
White Granulated Sugar	50 g	1/4 cup
Brown Sugar	47 g	1/4 cup
Egg	23 g	Whole egg/ 1 1/2 Tbsp
Vanilla Extract	4 g	1 tsp
Non-Fat Milk	30 g	2 Tbsp
Walnuts	29 g	1/4 cup

Procedure:

1. Preheat oven to 375° F (190° C)
2. Sift together flour, bamboo fiber, baking powder, and salt in a bowl. Set aside.
3. In another bowl, cream butter.
4. Add to creamed butter: sugar, egg, vanilla and milk; beating well after each addition.
5. Add the dry, sifted ingredients to the wet ingredients.
6. Mix with hand mixer set on low for one minute.
7. Stir in chopped walnuts.
8. Weigh 20 grams or measure 2 Tbsp of mixture and shape into uniform discs 1 cm thick.
9. Place on parchment paper covered baking sheet 5 cm apart. Recipe makes 14 cookies.
10. Bake 14 minutes in preheated oven.
11. Let cookies sit for 5 minutes before transferring to cooling rack.

Sensory Evaluation Results:

17 out of 18 panelists indicated they would eat this cookie as a way to meet their fiber requirements. Based on a hedonic scale from 1 to 5, 1 being horrible and 5 excellent, the average rating for appearance was 4.00; for texture, 3.45; and for taste, 4.00.