

Super Cookie / Super Galleta



MAMA Project, Inc.

MAMA'S SUPER COOKIES

- Prep: 30 minutes Bake: 8-10 minutes Oven: 350 F
- Ingredients:
 - 3 cups Bakers Soy Flour (Defatted)
 - 1 ½ cups whole wheat flour
 - 1 tsp. baking soda
 - ½ tsp. salt
 - ½ tsp. ground cinnamon (optional)
 - 1 ¼ cups canola oil
 - 1 cup sugar
 - 3 extra large eggs (or 2/3 cup of liquid eggs)
 - 2 tsp. Vanilla
 - ¼ cup Molasses
 - 1 tsp. MAMA modified vitamin and mineral premix
 - Sugar

Instructions

1. Preheat oven to 350 F. In a bowl combine soy flour, whole wheat flour, baking soda, salt, cinnamon, if using, and vitamin premix. Set aside.

Dry Ingredients



Measuring the Dry Ingredients

(Use Level Measurements)





MAMA Vitamin and Mineral
Premix

WET Ingredients and Sugar-



2. In a large bowl beat together canola oil and the 1 cup sugar with an electric mixer on medium speed. Add molasses, eggs, and vanilla. Beat the mixture until smooth.



Use 3 extra large
eggs or use enough
eggs to fill $\frac{2}{3}$ of a
cup.





2 tsp. vanilla



$\frac{1}{4}$ cup molasses

MIX WET AND DRY-

3. Add dry ingredients and mix thoroughly with a wooden spoon.



Spoon carefully to avoid making a dust cloud of flour.



Mix by hand before turning on the
mixer.



Cover the mixer with a towel to contain the soy flour cloud. In a few seconds your cookie dough will be ready.



Forming the cookies-

4. Drop by rounded teaspoons onto ungreased cookie sheets. If striving for accuracy, use a little shy of $\frac{1}{8}$ of a cup or slightly less than one fluid ounce for each cookie.



Flatten with the bottom of a glass or glass jar that has been dipped in sugar.



BAKE-

Bake for 8-10 minutes or until edges are lightly browned.

COOL

5. Transfer to wire racks to cool.



YIELD-

44 cookies. If you are using the vitamin premix, and are counting on each cookie to deliver the protein, fat, calories, and vitamin and minerals as therapy for malnutrition, it is important that you get the yield of 44 cookies per batch. This is easily achieved by using a standard 1/8 cup, or mounding a standard tablespoon measure to double. Each cookie is a little bit shy of 1oz or 1/8 cup.

NUTRITION INFORMATION-

SERVING SIZE: 4 cookies per day

Calories: 500 / 4 cookies

Fat: 32 g (1 gm sat. fat) / 4 cookies

Protein: 12 g / 4 cookies

Vitamins/Minerals: Supplies close to 100% RDA of B's, C, minerals including iodine, zinc, and iron, and therapeutic amounts of Vitamin A, Vitamin D for a malnourished 3 year old child.

Storage-

Pack in sealed container. They will be soft for 3 days, then harden if stored at room temperature. Freezing will maintain softness, but is not necessary if they will be shipped or distributed within a few months.



Addendum

- **Super Cookie/Super Galleta**
- Thanks to the recent exposure that MAMA Project has received from *Better Homes and Gardens*, (Dec 2005 Page 238 and 240) and *CN 8*, we have received many inquiries regarding our program. There has been a great deal of interest in the Super Cookie. High in fat, protein, carbohydrates, vitamins and minerals, Super Cookies are intended to aid in the healthy weight gain and rehabilitation of severely malnourished children in developing countries. In areas of extreme poverty, young children most often fall into malnutrition after weaning from the breast. Such children are most vulnerable between the ages of 1 and 5. We often refer to the needs of a malnourished 3-year-old child, since he or she is the typical recipient of this food supplement. The cookie may also be used to support the nutrition of older children and adults, especially the pregnant, the elderly, and other individuals—such as cancer patients—who struggle with nutritional health.
- Soy, the primary ingredient, is easily digested and rich in complete protein. In the production of defatted soy flour, soybeans are heated by the process of “extrusion”, or pressing the soybean to remove the oil from its protein and carbohydrate elements. The extrusion process leaves the defatted soy flour more digestible than raw soy flour. (Heating deactivates an anti-protease enzyme that is naturally occurring in soybeans) The defatted Bakers Soy Flour is readily available at bulk food stores. Locally, we buy soy flour for about 65 cents per pound.
- A word to healthy individuals interested in trying the Super Cookie: If taken as directed, in addition to your current diet, you will be consuming an extra 500 calories per day, and 3500 calories per week. Ideally, this will result in a steady weight gain of 1 pound per week, or 52 pounds in a year. The Super Cookie is intended to dramatically increase caloric intake; it is not a health food for those who are trying to *lose* weight.

- To summarize important information and answer the most commonly asked (or should be asked) questions:
- Four cookies per day is the serving size. (It used to be made as a single large Super Bar.)
- When enriched with vitamin and mineral premix, nearly 100% of the daily vitamin and mineral requirements will be met for a one- to three-year-old child who consumes the recommended serving of four cookies.
- Vitamin and mineral supplementation and food fortification is one of the reasons that children of developed countries are as healthy as they are. It is urgent that the same be done for malnourished children. Without proper vitamins, many of these children are suffering increased risk of infectious disease and nutritional blindness because of Vitamin A deficiency, having skin diseases and lack of all epithelial (skin and all internal and external organ lining) maturation because of Vitamin A deficiency and lack of B vitamins, Rickets from lack of Vitamin D, facing learning disabilities and anemia because of iron deficiency, and are at risk of mental retardation because of fetal and infancy deprivation of Iodine. For these children, vitamin supplementation is not just to prevent disease, but it to begin to treat problems that have long been neglected. In some cases malnutrition has caused damage to the child that is only partially reversible.
- Four cookies provide 500 calories, approximately 1/3 of the caloric needs of a three-year-old child. Our typical candidate is living with a caloric deficit, not ingesting sufficient calories from any source.
- Four cookies provide 12 grams of high quality protein. This is extremely beneficial for a malnourished three-year-old child who requires at least 16 grams of high quality protein daily. This desperately needed protein helps the child catch up on growth and tissue repair, and in some cases, to reverse the visible swelling caused by low blood albumin levels.

- Four cookies supply 32 grams of fat. Children up to age two are especially at risk for lack of brain growth if the fat in their diet is inadequate. Fat also allows the absorption of fat-soluble vitamins (e.g., vitamins A and D).
- If the child is too weak to eat a cookie—or too young—the mother can add a crumbled cookie to clean water (hot or cold), stir to create a cereal, and spoon-feed the child.
- The cookies were designed to be produced in villages that do not have electricity. Therefore, the instructions say to use a wooden spoon. However, if you have access to a mixer, please feel free to use it. (Personal note: While developing the recipe, I made so many batches with the hand method that I developed carpal tunnel syndrome. –PB)
- Use extra large eggs. Three extra large eggs are equal to 2/3 cup of liquid egg per recipe. Use 2/3 cup of liquid eggs to determine the number of eggs if they are not extra large.
- Bake the cookies until they are well baked, dry, but not burned. Ovens vary. 8-10 minutes is common.
- The cookies will be the softest in the first three days. They have the consistency of gingerbread, and harden after storage. Most people prefer them fresh and soft, but they have a long shelf-life as hard cookies
- The vitamins do impart an iron flavor to the cookies, but it is not disagreeable to most people.
- If you are interested in learning about obtaining the premix to produce these cookies for nutrition programs, please contact us at mamaproject@enter.net
- We are very willing to have other programs use our health teaching materials and tools that we have developed and use to assess nutritional status of children up to age 18.

- We have developed a home water filtration and chlorination system that uses two five-gallon buckets. It is intended for families that do not have other access to potable water. (Note: If you use the shipping method of packing the cookies in zip-lock bags, filling 5 gallon buckets, the buckets can be used to make water purification systems for homes and schools.)
- Our training manual, information on mass intestinal parasite eradication campaigns, vitamin A capsule distribution programs, recipes (including the Super Drink made from soy), and an assortment of what we consider to be our most valuable offerings are available on our website. Some of it is self-explanatory; some requires training. Our website is located at www.mamaproject.org.

Hunger is real, and it is tragic. Sometimes we cannot help but witness its glaring horror; sometimes it is a hidden misery. But it is never necessary, and it is 100% curable. When we ask God why he allows children to starve, when he has the power in Heaven to end suffering everywhere in the world, his answer may be “Why do *you* allow children to starve when you have the resources on Earth to end hunger?” God Bless you, and may your interest in helping malnourished children result in healing.



Priscilla Benner
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