

# Goji Berry Cookies



Goji berries, also known as wolfberries, have been enjoyed for thousands of years in Asia as a fruit and health supplement. This bright, red berry is commonly preserved through being dried in the sun and has a mildly sweet taste. It is a member of the Solanaceae family or nightshade plants.



The whole goji berry plant has potential health benefits in Traditional Chinese Medicine theory. Goji berries are rich in amino acids, antioxidants, vitamin A, thiamine, riboflavin, vitamin C, fiber and key minerals.

It has been widely prescribed by Chinese medicine practitioners to brighten eyesight, ease thirst for sufferers of diabetes, help with dizziness and to improve the immune system.

As a snack, goji berries are eaten both fresh and dried. They are used in juice and herbal teas as well. Dried goji berries can be used in cereals like raisins or cranberries. They can be sprinkled over granola, oatmeal or yogurt to brighten the color of your diet. Put a handful of goji berries in homemade cookies, muffins, energy bars or scones to really enjoy this superfood. You can find it in grocery stores and online. The following is a simple goji berry oatmeal cookie recipe you can make at home.

## *Ingredients*

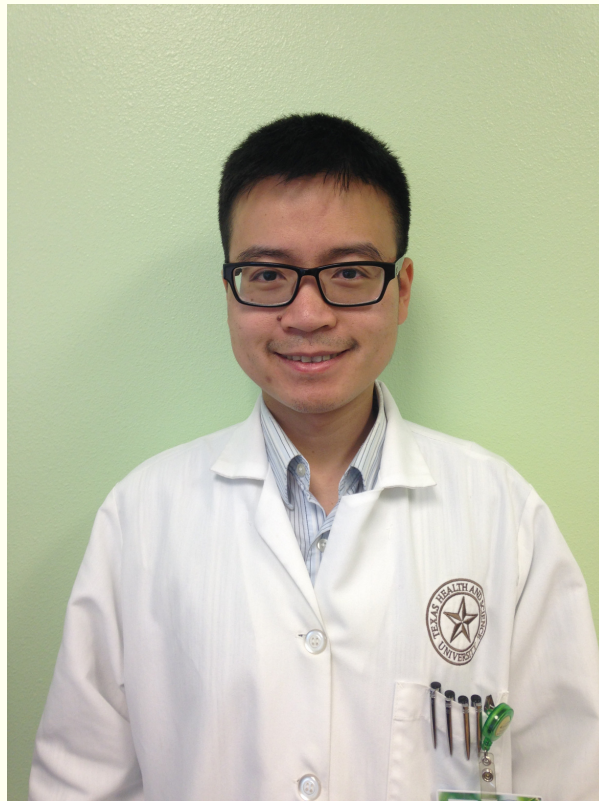
- 1/2 cup goji berry
- 1/2 cup raisins
- 1/2 cup chopped pecans (or any of your favorite nuts)
- 1 stick unsalted butter, at room temperature
- 1 large egg
- 1 cup brown sugar
- 1 teaspoons pure vanilla extract
- 3/4 cup unbleached all-purpose flour
- 1/2 teaspoon baking powder
- Pinch salt
- 1 cup old-fashioned oatmeal, uncooked

## *Directions*

1. Preheat the oven to 350 degrees F.
2. Place the pecans on a sheet pan and bake for 5 minutes. Set aside to cool.
3. In a large bowl, beat the butter and brown sugar with an electric mixer until light and fluffy.
4. Slowly add the egg and vanilla extract, beat again until mixed.
5. Sift the flour, baking powder, salt together into a medium bowl. With the mixer on low, slowly add the dry ingredients to the butter mixture.
6. Add the oats, goji berries, raisins and pecans and mix until combined.
7. Line 2 sheet trays with parchment paper. Using two tablespoons of dough per cookie. Flatten slightly with a damp hand.
8. Bake for 12 to 15 minutes until lightly browned. Transfer the cookies to a baking rack and cool completely.



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## *Dr. Kai Chang-Chan*



Kai Chang-Chan is the academic dean at Texas Health and Science University, San Antonio Campus. He is also the clinic director for Acupuncture Health Clinic in San Antonio.

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