

# Canola to Cookies

Watch the video featuring a real farm family in Manitoba and then try the recipe below using one or more ingredients found on their farm.

Videos courtesy of [Great Tastes of Manitoba](#) | Recipe courtesy of [Canola Eat Well](#)



## Manitoba Farm Going Beyond Sustainability

Brooks White is a 5<sup>th</sup> generation Manitoba bison and grain farmer who uses **regenerative agriculture** practices to keep his soil healthy and improve the carbon and water cycles on his farm. Sustainability is a major priority on the White family farm. They hope to make long-term positive change for the future of our planet and the agriculture industry. Over the last 3 years the White family has reduced their need for fertilizer by 75%.

<https://youtu.be/R3HtnmlQSZw>



Regenerative agriculture is a style of farming that focuses on being sustainable and helping the ecosystem, specifically through **good soil health, water management and sequestering carbon**.

The White family practices this by planting “peola,” a pea and canola mixed crop, and moving grazing bison from pasture to pasture to keep the soil healthy.

### LEARN MORE:

[snapAG: Regenerative Agriculture](#)

[snapAG: Carbon Sequestration](#)

[snapAG: Conservation Tillage](#)

[Manitoba Canola Growers](#)

## Chocolate Chip Cookies

### Ingredients

- ¾ cup canola oil 🌱
- 1 egg 🌱
- ¼ cup white sugar
- ½ cup brown sugar
- 2 tsp vanilla
- ¾ cup whole wheat flour 🌱
- ¾ cup all-purpose flour 🌱
- ¼ tsp salt
- 1 tsp baking powder
- ½ tsp baking soda
- 1 cup rolled oats 🌱
- 1 ¼ cups semi sweet chocolate chips

### Method

1. Preheat oven to 350°F/180°C.
2. In large bowl, whisk together canola oil, egg, white sugar, brown sugar and vanilla until well combined.
3. In second bowl, combine whole wheat flour, all purpose flour, salt, baking powder and baking soda. Add dry ingredients to canola oil mixture, along with oats and chocolate chips. Using large spoon, mix all ingredients together, just until moistened.
4. Using a levelled 1 Tbsp (15 mL) measure, portion out cookies on parchment lined cookie sheets about 2” (5 cm) apart. Flatten slightly with a fork.
5. Bake for 7 to 8 minutes or until cookies are golden brown. Cool cookies about 5 minutes on baking sheets. Transfer to wire racks to cool completely.



<https://youtu.be/tVVJpOrCGg4>

Servings **32-36 cookies** | Total time **1 hour**

🌱 Grown by Manitoba Farmers