



Oatmeal Raisin Cookies

Ingredients

¾ cup sugar
2 Tablespoons butter
1 egg
2 Tablespoons 1% milk
¼ cup unsweetened applesauce
¾ cup flour
¼ teaspoon baking soda
½ teaspoon cinnamon
1/8 teaspoon nutmeg
¼ teaspoon salt
1¼ cup quick-cooking rolled oats, uncooked
½ cup raisins
vegetable oil spray

Create-A-Flavor Changes:

- Use chopped figs, apricots, or other dried fruit instead of raisins.
- Omit the raisins and use ¼ cup rolled oats and ¾ cup raisin bran cereal.
- Use ½ cup whole-wheat flour and ¼ cup all purpose flour.
- Use 2 Tablespoons orange juice instead of milk.
- Add nuts, coconut, or chocolate chips.

Makes 30 servings

Instructions

1. Preheat oven to 350° F degrees. Lightly grease baking sheet.
2. Measure sugar and butter into large mixing bowl. Beat until well blended.
3. Crack egg into small bowl. Add to sugar mixture; stir until well blended.
4. Measure milk and applesauce into sugar mixture; stir until well blended.
5. In a second mixing bowl, combine flour, baking soda, cinnamon, nutmeg, and salt.
6. Add flour mixture to sugar mixture; stir until well blended.
7. Measure rolled oats and raisins into batter; stir until well blended.
8. Drop dough by rounded teaspoonfuls onto baking sheet.
9. Bake 10-13 minutes, *or* until lightly browned.

Nutrition Facts

Serving Size 1		Servings Per Container 30 cookies	
Amount Per Serving			
Calories 60	Calories from Fat 5		
		% Daily Value*	
Total Fat 1g			2%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 10mg			3%
Sodium 40mg			2%
Total Carbohydrate 13g			4%
Dietary Fiber 1g			4%
Sugars 7g			
Protein 1g			
Vitamin A 0%		Vitamin C 0%	
Calcium 0%		Iron 2%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
<small>Calories per gram:</small>			
	Fat 9	Carbohydrate 4	Protein 4

15 % calories from fat

Source: Adapted from: Cooking Up Fun! A Pyramid of Snacks, Cornell University, 1998

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