



Oatmeal Raisin Cookies

Ingredients:

- 3/4 cup granulated sugar
- 2 tablespoons margarine
- 1 egg
- 2 tablespoons skim milk
- 1/4 cup applesauce
- 3/4 cup all-purpose flour
- 1/4 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 1/4 teaspoon salt
- 1 1/4 cup quick-cooking rolled oats
- 1/2 cup raisins

Create-A-Flavor Changes

Add your own ideas, too!

- Use chopped figs, apricots, or other dried fruit instead of raisins.
- Omit the raisins and use 3/4 cup rolled oats and 3/4 cup raising bran cereal.
- Use 1/2 cup whole wheat flour and 1/4 cup all-purpose flour.
- Use 2 tablespoons orange juice instead of milk.
- Add nuts, coconut, or chocolate chips.

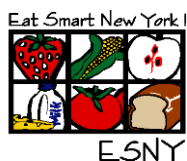
Directions:

1. Preheat oven to 350°F. Lightly grease baking sheet.
2. Measure sugar and margarine 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 teaspoons onto baking sheet.
9. Bake 10 to 13 minutes, until lightly browned.

Yields about 1 1/2 dozen cookies

Source: Cooking Up Fun! Pyramid of Snacks - Cornell University Cooperative Extension

Nutrition Facts			
Serving Size 1 cookie (1.1 ounces)			
Servings Per Recipe 18			
Amount Per Serving			
Calories	110	Calories from Fat	20
% Daily Value *			
Total Fat	2g		3%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	10mg		3%
Sodium	70mg		3%
Total Carbohydrate	21g		7%
Dietary Fiber	1g		4%
Sugars	12g		
Protein	2g		
Vitamin A	2%	Vitamin C	0%
Calcium	0%	Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
Total Fat	Less than	Calories: 2000	2,500
Saturated Fat	Less than	65g	80g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
18.2% calories from fat			
Nutrition Facts based on standard recipe with no variation.			



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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