



Oatmeal Cookies

SERVES: 30
SERVING SIZE: 1 cookie
COST PER SERVING: \$0.04

Ingredients:

- 1 cup whole wheat flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 3/4 cup packed brown sugar
- 1/2 cup applesauce
- 2 tablespoons oil (*canola or vegetable*)
- 1 egg
- 1 1/2 cups oats

Optional: 1/2 cup coconut, dried fruit, or white chocolate chips

Instructions:

1. Combine flour, baking powder, baking soda, and cinnamon in a small bowl.
2. Combine sugar, applesauce, oil, and egg in a large bowl. Add the flour mixture and stir until combined. Stir in the oats and optional ingredients, if desired. Refrigerate for 30 minutes.
3. Preheat oven to 375°F. Spray a cookie sheet with nonstick cooking spray.
4. Drop the batter by rounded teaspoonfuls on the greased cookie sheet. Make sure they are 2 inches apart. Bake for 8–10 minutes or until golden brown. Let stand on the baking sheet for 4 minutes. Then remove onto wire racks or paper towels to cool.
5. Store in an airtight container.



Nutrition Facts

30 servings per recipe
Serving size 1 cookie

Amount per serving
Calories 60

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 40mg	2%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Total Sugars 6g	
Added Sugars [†]	
Protein 1g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 0mg	0%
Potassium 27mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
† Information not available.

Fold here to save these nutrition facts with this recipe!