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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

Makes 30 servings - 15% calories from fat

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.

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.

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

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%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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