



Recipe of the Month - December 2018

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



Make MyPlate Your Plate

Directions:

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 PER SERVING: 60 calories, 1.5g total fat (0g sat. fat), 5mg cholesterol, 40mg sodium, 12g carbohydrates, 1g fiber, 6g sugar, 1g protein

*Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2018 Nutrition & Fitness Calendar*