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

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