

Recipe of the Month – September 2019

Breakfast Cookies

Serves 12

Serving Size: 1 cookie

Cost per Serving: \$0.18

Ingredients:

- ¾ cup all purpose flour
- ½ teaspoon ground cinnamon
- ½ teaspoon baking powder
- ¼ cup oil (canola or vegetable)
- ⅓ cup packed brown sugar
- 1 egg
- 1 teaspoon vanilla
- 1 medium apple, diced (about 1 cup)
- 1 ½ cups oatmeal
- ¾ cup shredded cheese (cheddar or Colby)
- ½ cup dried fruit (cherries, raisins, or cranberries)



Directions:

1. Preheat oven to 350°F. Spray a baking sheet with nonstick cooking spray.
2. Stir together flour, cinnamon, and baking powder in a large bowl.
3. Stir in the oil, brown sugar, egg and vanilla until well combined.
4. Stir in the diced apple, oatmeal, cheese, and dried fruit.
5. Drop dough in rounded tablespoons onto greased baking sheet. Wet fingers and pat each cookie down into a circle.
6. Bake for 12 – 14 minutes, until set in the middle and lightly browned on the edges.
7. Store in a covered container at room temperature.

Tips:

- Wash hands after handling raw cookie dough.

Nutrition Facts per Serving: 190 Calories, 8g total Fat (2g sat. fat), 20mg. Cholesterol, 70mg Sodium, 27g Carbohydrates, 2g Fiber, 12g Sugar, 5g Protein

*Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2019 Nutrition & Fitness Calendar*



THE OHIO STATE UNIVERSITY

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