

# Eat Smart!



## Oatmeal Cookies

Serves: 30 Cost/Serving: \$0.04 Serving Size: 1 cookie

### 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 degrees 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 sheets for 4 minutes. Then remove onto wire racks or paper towels to cool.
- 5 Store in an airtight container.

### TIPS

Layer the dry ingredients to make a gift mix.

### Nutrition Facts

|  |            |
|--|------------|
| 30 servings per recipe   |            |
| <b>Serving Size: 1 cookie</b>  |            |
| <b>Amount Per Serving</b>  |            |
| <b>Calories</b>  | <b>60</b>  |
| <b>% Daily Value*</b>  |            |
| <b>Total Fat</b> 1.5g  | <b>2%</b>  |
| Saturated Fat 0g   | <b>0%</b>  |
| <i>Trans Fat</i> 0g  |            |
| <b>Cholesterol</b> 5mg   | <b>2%</b>  |
| <b>Sodium</b> 40mg   | <b>2%</b>  |
| <b>Total Carbohydrates</b> 12g   | <b>4%</b>  |
| Dietary Fiber 1g   | <b>4%</b>  |
| Total Sugars 6g  |            |
| Added Sugars   | <b>NA*</b> |
| <b>Protein</b> 1g  |            |
| Vitamin D 0mcg   | <b>0%</b>  |
| Calcium 16mg   | <b>2%</b>  |
| Iron 0mg   | <b>0%</b>  |
| Potassium 27mg   | <b>0%</b>  |
| <small>* 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.</small>                                   |            |
| <small>NA* - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently available for the recipe. We will be updating the information shortly.</small> |            |

### Source:

**IOWA STATE UNIVERSITY**  
Extension and Outreach