

SPEND SMART. EAT SMART.



EATING SMART
BEING ACTIVE

Oatmeal Cookies

Serves: 39 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.

IOWA STATE UNIVERSITY
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Nutrition Facts

30 servings per recipe
Serving Size: 1 cookie

Amount Per Serving	% Daily Value*
Calories 60	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 40mg	2%
Total Carbohydrates 12g	4%
Dietary Fiber 1g	4%
Total Sugars 6g	
Added Sugars	NA*
Protein 1g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 0mg	0%
Potassium 27mg	0%

* 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.

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.

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