

What You Will Need

Oatmeal Chocolate Chip Cookies

If time and facilities allow, this recipe would allow more reading and cooking experiences for children.

Equipment:

large mixing bowl
small mixing bowl
rubber spatula
large spoon
dish for egg
measuring cups - dry
measuring cup - liquid
measuring spoons

cookie scoop or two teaspoons
baking sheet(s)
wire rack
hot pads
oven
napkins

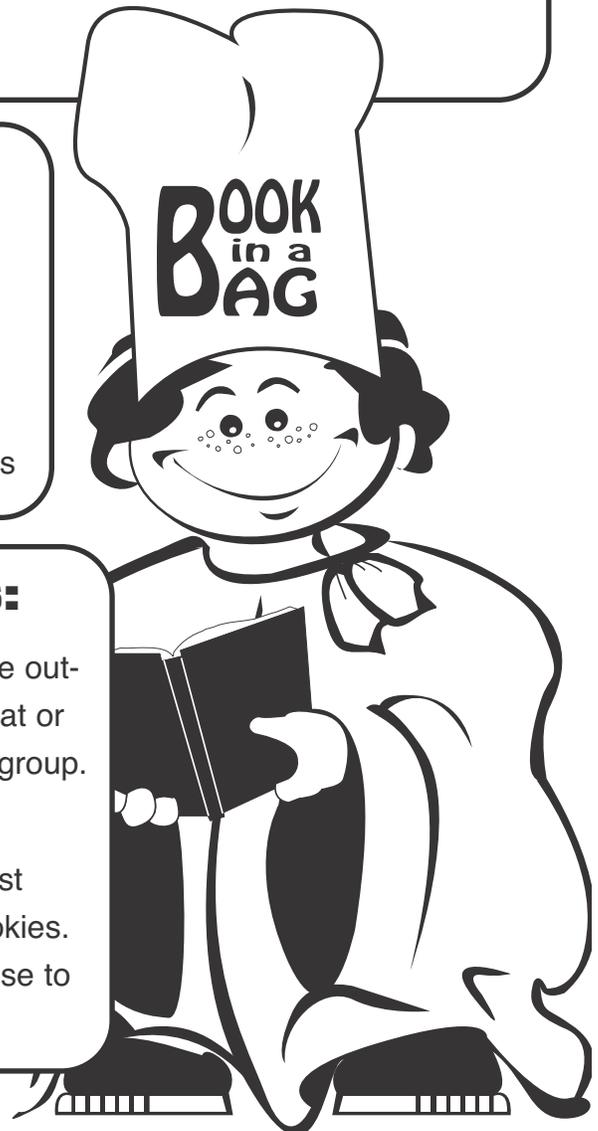
Ingredients:

sugar	baking soda
margarine or butter	ground cinnamon
egg	ground nutmeg
milk	salt
applesauce	quick oats
all-purpose flour	mini chocolate chips

Other Possible Activities:

Top the Pyramid: Lead the children in drawing the outline of the Food Guide Pyramid on a paper placemat or plate. Have children draw foods that fit each food group. Place a cookie at the top of the pyramid.

Share and Care: Encourage children to draw or list names of persons with whom they might share cookies. What favorite kind of cookie would each child choose to share?





Oatmeal Chocolate Chip Cookies

Yield: 30 cookies

Preheat oven to 350 degrees.

3/4 cup sugar	1/4 teaspoon baking soda
2 tablespoons margarine or butter	1/2 teaspoon ground cinnamon (optional)
1 large egg	1/8 teaspoon ground nutmeg (optional)
2 tablespoons lowfat milk	1/4 teaspoon salt
1/4 cup canned applesauce	1 1/4 cups quick oats
3/4 cup all-purpose flour	1/2 cup mini chocolate chips

In a large mixing bowl, cream sugar and margarine or butter until smooth.

Add egg, milk and applesauce, mixing thoroughly after each addition.

In a small bowl, combine flour, baking soda, cinnamon, nutmeg and salt. Add dry ingredients gradually to creamed mixture; mix until blended.

Fold in oats and chips. Drop by rounded teaspoons onto greased cookie sheets. Bake for 10-13 minutes, or until lightly browned. Cool on a wire rack.

Nutrition Facts	
Serving Size 1 cookie (20g)	
Servings Per Container 30	
Amount Per Serving	
Calories 70	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	4%
Cholesterol 5mg	2%
Sodium 40mg	2%
Total Carbohydrate 12g	4%
Dietary Fiber less than 1 gram	2%
Sugars 7g	
Protein 1g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

K-STATE Research and Extension
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