



Oatmeal Cookies

Source: Healthy & Homemade, 2018 Nutrition and Fitness Calendar / **Yield:** 30 servings; 60 Calories per cookie. Total fat 1.5g; Saturated fat 0g; Protein 1g; Total carbohydrate 12g; Dietary fiber 1g, Sodium 40mg.

INGREDIENTS:

- 1 cup whole wheat flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon cinnamon
- ¾ cup packed brown sugar
- ½ cup applesauce
- 2 tablespoons oil (canola or vegetable)
- 1 egg
- 1 ½ cup oats
- ½ cup coconut, dried fruit or white chocolate chips (optional)

DIRECTIONS:

1. Combine flour, baking powder, baking soda, and cinnamon in a small bowl.
2. Combine sugar, applesauce, oil, and egg in 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 non-stick cooking spray.
4. Drop the batter by rounded teaspoonful 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. Allow to set for 30 minutes before eating.
5. Store in an airtight container.