

Smart Snack

Oatmeal Chocolate Chip Cookie

Recipe developed by USD #351 – Macksville, Kansas

Ingredients	Measure	Directions
Sugar, granulated Sugar, brown Shortening, vegetable, trans fat free	¾ cup ¾ cup ½ cup	1. Cream sugars and shortening until smooth.
Applesauce, unsweetened Egg, whites Vanilla extract	¼ cup 4 large ½ tsp	2. Beat in applesauce, egg whites and vanilla extract until completely combined.
Oats, quick Flour, all-purpose Flour, whole wheat Baking Powder Baking Soda Salt	2 cups 1 cup 1 cup 1 tsp 1 tsp ½ tsp	3. Combine oats, flours, baking powder, baking soda and salt. Add to wet mixture. Mix on low speed for 20-30 seconds, until all dry ingredients are moistened.
Chocolate Chips, semi-sweet, mini	½ cup	4. Add chocolate chips and mix on low speed (10-15 seconds) to incorporate into the batter. 5. Portion #40 scoop of batter onto baking pan sprayed with pan release spray. 6. Bake at 350°F until lightly browned about 10-12 minutes.

Serving Size	1 Serving Provides	Yield
1 cookie	.5 oz equivalent Grains (Grain Based Dessert)	34 Cookies

Nutrients Per Serving

Calories	138	Trans Fat	0 g	Iron	0.88 mg		
Protein	2.96 gm	Vitamin C	0.02 mg	Calcium	19.94 mg		
Carbohydrate	22.58 gm	Fiber	1.67 gm	Cholesterol	0.00 mg		
Fat	4.33 gm	% Fat	28.28 %	Sodium	94.19 mg	Vitamin A	1.21 IU
Saturated Fat	1.29 gm	% Saturated Fat	8.4 %	Sugars	10.75 gm	% Sugar	32.57%